

SEP 21 1910

SPECIAL
NUMBER

WILLIAM JAMES

THE NAUTILUS

OCTOBER, 1910

CHOOSE THE BEST PEOPLE
AND ASSOCIATE WITH
THEM MENTALLY.

YOU LOVE YOUR INTIMATE
FRIENDS BECAUSE YOU
ARE INTIMATE WITH
THEM. BE INTIMATE IN
YOUR MIND WITH THE
GREATEST PEOPLE THE
WORLD HAS EVER PRO-
DUCED!

IN OTHER WORDS, CREATE
FOR YOURSELF AN
IDEAL ENVIRONMENT
OF MENTAL FRIEND-
SHIPS.

LET ME WHISPER SOME-
THING—IF YOU CREATE
THE RIGHT KIND OF
MENTAL ENVIRONMENT
YOUR SURROUNDINGS
AND ASSOCIATIONS
WILL CHANGE TO
MATCH.

—Elizabeth Towne.

See Table Con-
tents, page 5

Published by
ELIZABETH TOWNE
HOLYOKE, MASS.

PRICE 10 CTS.

Here's Health

STRENGTH, VIGOR AND BEAUTY

For All—For YOU



Don't suffer any longer. Don't try to stand an ache or pain, **Stop it!** Don't neglect the little ills—unless they are attended to they lead to serious things. Even if you have a chronic disease—one that you have been told is **incurable**—DON'T GIVE UP HOPE! The greatest natural curative force in the world is NOW AT YOUR COMMAND!

Vibration Banishes Disease As the Sun Banishes Mist!

VIBRATION is the remedy NATURE meant. It sets your nerves a-tingling—your blood thrilling through your veins and arteries—it removes the CAUSE!

VIBRATION will make you feel refreshed and invigorated from the VERY FIRST TREATMENT!

The White Cross Electric Vibrator

begins where doctors stop. Hundreds of people who have been given up by specialists as incurable now say that they are well and happy through the aid of this marvelous invention. What the **WHITE CROSS VIBRATOR** has done for others it may do for you. No matter where you live or what your trouble is, you owe it to yourself to find out all about this wonder of the 20th century! Even if you are perfectly well now, you should investigate anyway! You cannot tell when the dread hand of disease will seize upon you or one of your loved ones. **Be ready! Post yourself!** Don't let disease get ahead of you. **Take the first step yourself.**

FREE TRIAL We will send you the **WHITE CROSS ELECTRIC VIBRATOR** on absolute free trial! We will give you an actual demonstration of its merits without charging you one penny. Feel its marvelous power for yourself. Feel how it drives out disease.

This Valuable Book Now Sent FREE



The Famous book "Health and Beauty" will be sent to you absolutely free for just your name and address.

No matter who you are or how well you are—you need this book! It tells you all about the human body in health and disease so plainly—so clearly—that anyone can understand. It tells you how, with aid of the **WHITE CROSS ELECTRIC VIBRATOR** you can treat yourself without the aid of drugs.

LINDSTROM, SMITH CO.
253 La Salle St.
Dept. 2986
Chicago - Illinois

Without obligations on me, please send free, post-paid, your book, "Health and Beauty," on treatment of disease by Vibration and Electricity. Also free trial offer.

Name.....

Address.....

SIGN THE COUPON

and get this free book today! It will open the door to a new world to you. It preaches the gospel of health and hope. Thousands have benefited by its teachings—why not you?

LINDSTROM, SMITH CO.
253 La Salle Street
Dept. 2986
CHICAGO, ILLINOIS

What This White Cross Electric Vibrator Will Do For You

A few minutes' use of the White Cross Electric Vibrator each day will aid in putting you in better health than you have known for years. Drugs may relieve, but they seldom cure. The White Cross Vibrator attacks the cause. When the cause is removed the disease is gone forever. The White Cross Vibrator gives you not only Vibration but Galvanic and Faradic electricity as well. It is not only an **ELECTRIC MASSAGE VIBRATOR** but also a **COMPLETE ELECTRIC MEDICAL OUTFIT**.

HERE IS THE WAY IT ACTS on a few of the most common chronic and acute diseases:

Headache—from whatever cause, can be almost instantly relieved by the White Cross Vibrator. However, headache is usually only a symptom of some other trouble. Find the cause then use the Vibrator.

Cataract—Clogged nostrils removed after a few minutes treatment. Discharge grows gradually less. Time for complete relief varies only with the foothold which the disease has obtained. (Common "cold-in-the-head" or coryza can frequently be relieved in one treatment.)

Insomnia—A short treatment with the Vibrator and in the Vibration Chair just before retiring should bring a good night's sleep even in the most long-standing cases.

Indigestion—This common disorder yields readily to vibration. **DYSPEPSIA**, which is only **CHRONIC** indigestion, is more stubborn, but great relief, almost always results in a surprisingly short time.

Rheumatism—is caused by congested condition resulting in inflammation and a deposit of uric acid. The worst case of rheumatism can be quickly relieved by the application of Vibration and Electricity.

Here are a few of the other diseases which have been treated successfully by Vibration and electricity: Asthma, Neuralgia, Earache, Weak Eyes, Nervous Debility, Constipation, Heart Trouble, Weakness, Deafness, Stomach Trouble, Skin Diseases, Scalp Diseases, Lumbago.

Genuine Swedish Movement

You do not have to go to expensive Specialists or to a sanitarium to get the genuine Swedish Movement. With a White Cross Vibrator you can give yourself the same treatment without cost.

Vibrating Chair

With the White Cross Electric Vibrator and a simple attachment you can transform any chair into a vibrating chair.

Send for Free Book Which Explains All



Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

TRANSCRIPT  HOLYOKE, MASS.

THE NAUTILUS

OCTOBER, 1910

CHOOSE THE BEST PEOPLE
AND ASSOCIATE WITH
THEM MENTALLY.

YOU LOVE YOUR INTIMATE
FRIENDS BECAUSE YOU
ARE INTIMATE WITH
THEM. BE INTIMATE IN
YOUR MIND WITH THE
GREATEST PEOPLE THE
WORLD HAS EVER PRO-
DUCED!

IN OTHER WORDS, CREATE
FOR YOURSELF AN
IDEAL ENVIRONMENT
OF MENTAL FRIEND-
SHIPS.

LET ME WHISPER SOME-
THING—IF YOU CREATE
THE RIGHT KIND OF
MENTAL ENVIRONMENT
YOUR SURROUNDINGS
AND ASSOCIATIONS
WILL CHANGE TO
MATCH.

—Elizabeth Towne.

See Table Con-
tents, page 5

Published by
ELIZABETH TOWNE
HOLYOKE, MASS.

PRICE 10 CTS.

NEW THOUGHT CENTERS.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

- ALLEGHENY, Pa.**—W. L. Peters, The Gospel Light Co., 12 Federal street.
- BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.
- BLOOMFIELD, Iowa.**—Mrs. Stella W. Teed, North Madison street.
- BOSTON, MASS.**—The Scholar Business Building Service, 191 Tremont street.
- BOSTON, Mass.**—Smith and McCance, 38 Bromfield St.
- BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.
- CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.
- CHICAGO, Ill.**—The Progress Co., 515-519 Rand-McNally Building.
- CHRIST CHURCH, New Zealand**—Ida M. Bruges, Fendalton.
- CINCINNATI, Ohio.**—Lotos Library, 701 Mercantile Library Bldg.; Annie Melvor, librarian.
- DENVER, Col.**—Dr. Alexander J. McL. Tyndall, 526 14th street.
- DENVER, Col.**—Mrs. Edith Marie Raymond, 302 Twenty-second street.
- FRESNO, CAL.**—Mrs. L. F. Sanders, 944 O. street.
- HAMILTON, Ontario, Can.**—Clove & Son, 16 King St., West.
- HARROGATE, England.**—Talisman Publishing Co., 526 Station Pde.
- HELENA, MONT.**—Mrs. S. J. Rumans, 1051 N. Ewing street.
- JULIAETTA, Idaho.**—S. A. Roe, M. D.
- LONDON, England**—Higher Thought Center, 10 Chertson Gardens, W.
- LONDON, England**—L. N. Fowler & Co., 7 Imperial avenue, E. C.
- LONDON, England.**—Power Book Co., 29 Ludgate Hill, E. C.
- LONG BEACH, Cal.**—Mrs. S. F. Connley, 14 American avenue.
- LOS ANGELES, Cal.**—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.
- LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.
- MELBOURNE, Australia**—Miss E. R. Hinge, 178 Little Collins street.
- NEW YORK CITY**—New Thought College Free Reading Room, N. Y. American Bldg., Columbus Circle, Broadway and 59th St.
- NEW YORK CITY**—New Thought Free Reading Room, 110 W. 34th street.
- NEW YORK CITY**—Roger Bros., 429 Sixth avenue.
- NEW YORK CITY**—Dr. Richard B. Schleusner, 131 West 20th street.
- OAKLAND, Cal.**—Rest Reading Rooms, 719 14th street.
- OMAHA, Neb.**—The Vitapathic Sanatorium, 2319 S. 13th street.
- OMAHA, Nebr.**—Omaha New Thought Fellowship, Room 3, Lyric Theatre building. Services, Sunday morning, 10 o'clock; Wednesday night at 8 o'clock.
- PHILADELPHIA, Pa.**—Mary E. Brown, 1839 N 11th street.
- PITTSBURG, Pa.**—Dr. H. Lewis Belknap, 813 Wood street, second floor Wilkesburg Station, P. O. Box 174.
- PORTLAND, Ore.**—W. E. Jones, 284 Oak street, Henry Building.
- PROVIDENCE, R. I.**—S. C. Dunham, 104 Olney street.
- RICHMOND, Va.**—M. E. Davison, 1002 E. Clay street.
- SALT LAKE CITY, Utah.**—Shepard, the Magazine Man, 77 East 3d South.
- SANTA BARBARA, Cal.**—Ramona Book Store, J. M. Barbour, Prop., 707 State street.
- SHANGHAI, China.**—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 5a North Soochow Road.
- SPOKANE, Wash.**—Spokane Book and Stationery Company, 114 South Post street.
- ST. LOUIS, Mo.**—Dr. Beverly, 3503a, Franklin avenue.
- ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.
- ST. PAUL, Minn.**—Ida Willis Goldsmith, 469 Laurel avenue.
- SAN DIEGO, Cal.**—Loring & Co., 762-766 Fifth street.
- SAN DIEGO, Cal.**—J. C. Packard, 825-827 Fifth street.
- SAN FRANCISCO, Cal.**—Olivia Kingsland, care of Theosophical Society, 1472 Golden Gate avenue.
- SAN FRANCISCO, Cal.**—Occult Book Co., 1141 Polk street, near Sutter.
- SEATTLE, Wash.**—W. H. Wilson & Co., 903 Pike street.
- SPRING VALLEY, Minn.**—Mrs. Rose Howe, Box 165.
- TOLEDO, Ohio.**—Mrs. Anna L. Stoeckly, 605 Euclid avenue, E.
- TORONTO, Can.**—W. H. Evans, 488 College

- VALPARAISO, CHILE.** S. A.—Georgina Hammetton, Carilla, 271 P. O. B.
- WASHINGTON, D. C.**—The Washington Therapeutic Societies Circulating Library and Reading Room, Room 617, New Evans Bldg.
- WASHINGTON, D. C.**—Oriental Esoteric Society, 110 Q street, N. W.
- WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 11 Emerson street.
- WINNIPEG, Man., Can.**—Prof. R. M. Mobius, 494 1/2 Main street, Suite 1.
- YOUNGSTOWN, O.**—Flora G. Whiteside, 108 West Wood street.

New Thought in Tabloid

Little Booklets With Big Ideas.

Written by people whose words count. Just right to tuck in a letter to a friend or to distribute free to those who need the light. They will be appetizers for more good new thought things.

ELLA WHEELER WILCOX'S

"What I Know About New Thought."

Her definition of it, written in her usual inspiring style, and her idea of how helpful new thought may be.

FLORENCE MORSE KINGSLEY'S

"How to Use New Thought."

In this little booklet Mrs. Kingsley tells how new thought has helped her and what further she expects from it, and how it can help others.

WALLACE D. WATTLES'

"Marital Unrest; a New Remedy."

This writer's practical, scientific articles in *Nautilus* are being enthusiastically received. Here he offers a new remedy for the discontent and unhappiness so often found in the marriage state.

JULIA SETON SEARS, M. D.

"Thought Force for Health."

This article is the most popular ever written by Dr. Sears for *The Nautilus*. Cosmic Healing in a nutshell.

Each booklet contains eight pages 3 1/2 x 6 1/2 inches, printed in bronze, blue and black, respectively, all from clean, new type.

Price, 25 cents for twenty copies; \$1.00 per 200; \$2.25 per 500; postpaid.

NOTE.—The above booklets will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets.

This Came With an Order:—

"I want 20 copies 'In Tabloid' to wreak on some friends. Send 5 copies of each. I greatly admire each one of the REGAL FOUR."—C. W. FARRINGTON, Goshen, Ind.

"THOUGHT FORCE FOR SUCCESS."

By Elizabeth Towne.

This is a 16-page booklet, larger than any of the others. A new edition of "Round Pegs and Square Holes."

Price of "Thought Force for Success" is 6 copies for 25c; or 100 copies for \$2.00.

Order of THE NAUTILUS, Holyoke, Mass.

FOR WORLD PEACE

FOR HOMES, SCHOOLS, PUBLIC BUILDINGS, OFFICES, LIBRARIES, ETC.

In response to many requests, we are putting out the "For World Peace" motto (read it on another page), on 80-lb. India tint wove paper, 16 1/2 x 14 inches. It is printed in heavy black face large type, with a handsome border all around. How many do you want at

10c per Copy,

Securely mailed in a tube.

50c per dozen copies or \$2 per hundred.

Post them in schools, homes and other public places and help along World Peace. The same motto on a small slip, just right to slip into your letters, 25c a dozen; 50c for 100, postpaid.

ELIZABETH TOWNE, Holyoke, Mass.

Nautilus News.

BY THE EDITORS.

Faith and Emma Bell.

How do you like our first instalment of Wallace D. Wattles' new story? You will like the November instalment still better. Don't miss it—follow carefully. There is to be a \$10.00 cash prize offered in connection with that story. Perhaps you can make the suggestion that will take the prize.

The special design for the heading of this serial "As a Grain of Mustard Seed," was made by our own Emma Bell Miles, and depicts the mountain that is removed into the sea if you have faith as a grain of mustard seed—and she sprinkles mustard seed all up and down the view. The special border design used on the Edwin Markham page is also the work of Emma Bell Miles. And we are to have some more special things from her at an early date.

For November.

In our November number will appear a beautiful new poem by Ella Wheeler Wilcox, "Veiled Women of the East," and several other unusually good poems. Among other special things for November will be:—

A suggestive article on "The Habit of Faith and Courage," by Adelaide Keen.

An eye-opener on "What the World Owes Us," by Wallace D. Wattles.

The closing chapter of the series on "The Psychology of the Solar Plexus," by Julia Seton Sears, M. D.

The last instalment of "How To Teach Without Friction," by Katherine Quinn.

A new view of music by Alice B. Stockham, M. D., called "Aristocracy in Music."

And a much needed treatise on "How To Forget," by Gurdon Forsy.

The next instalment of my travel editorials will include—unless it is crowded over into December—a description of the wonderful old room in the Hague where the first World Peace Conference was held.

Our visit to the Hague was one of the most impressive in our European travels.

Special Dramatic Number.

The November number of *Nautilus* will be our special Dramatic Number. The leading article is written by George C. Tyler, managing director of the big Liebler & Co. of New York City, on "Why I Produce New Thought Plays." In it he gives some very significant instances of the effect of plays upon the people who play them. There will be a number of short articles by famous people.

The theater is the greatest educational factor in the lives of grown-ups. It is well to know what is being done in the line of improving this kind of education, who is doing it, and how.

Give Your Children A Chance

to learn and apply the wonderful law that will keep them well and happy. **Wee Wisdom**, the only metaphysical magazine published exclusively for children, instructs the little folks, by means of interesting stories and simple lessons, how to become masters of their health and happiness. Send 50 cents today for a year's subscription to **Wee Wisdom**, to be mailed to some child who needs it. Think how many trials and how much worry you could have been saved had you known, when you were a child, of the power of mind as taught in **Wee Wisdom**. Send 50 cents today to

UNITY TRACT SOCIETY

913 Tracy Ave., Kansas City, Mo.

Books Loaned Free!

For list of books on New Thought, Occultism, Vedanta, Theosophy, Psychical Research, etc., loaned FREE BY MAIL, in all countries; for terms on which other books on these subjects are loaned and sold; for advice on the best reading, address: **LIBRARIAN OF THE O. E. Library, 1443 Q street, N. W., Washington, D. C.**

The Lucky 13.

This number closes twelve years of publication of *The Nautilus*. Look back over your

files and see how we have grown and improved.

With the November Number we are beginning our thirteenth year of publication, and we aim to make it the Best Yet.

Thirteen is a lucky number to those who do their best! It has proved lucky to us more times than once. One of the most fortunate business engagements I ever met in my life came on Friday the 13th. Will you pull with me to make the thirteenth year of *Nautilus* the most fortunate ever, the most helpful and progressive year of its life?

In the next number we will announce a few of the splendid things that are to appear in Volume XIII.

Ida Murray.

If you are a hired man or woman who has lost his job or if you have one you are not satisfied with, just read Ida C. Murray's "What I Did When I Lost My Position," in *Ladies' Home Journal* for September.

Ida Murray has been a stenographer and she is a success and a splendid new thoughter, full of original ideas. We have another splendid, practical article from her called "A Blossoming Wilderness" which will appear in an early number of *Nautilus*. Read it and you will get a glimpse of what new thought can do for you.

Refer to the item on page 2 of September *Nautilus*, and read "A Personal Announcement, By Elizabeth Towne," on another page of this (October) number.

Counsel and The Helper.

(Continued on Page 2.)

(Nautilus News Continued.)

I have on hand hundreds of items which were written in answer to "Family Counsel" letters. Some of them are two and three years old, and haven't yet been able to find their way into the magazine. All these items which are not already in type for *Nautilus* will be used for copy in our new monthly paper *The Helper*.

In our monthly advertisement of *The Helper* which will appear in *Nautilus*, will be printed the initials of the "Family Counsel" items which have been used in *The Helper* instead of in *The Nautilus*. This will enable every questioner to get his answers at no greater expense than sending 10c for the copy of *The Helper* which contains his or her queries.

As stated in September *Nautilus* Madge will send a copy of my dictated answer to any questioner of the "Family Counsel" or *The Helper* who encloses a stamped and self-addressed envelope with 4c in stamps extra. Those who comply need not wait for either *The Nautilus* or *The Helper*.

You see, we have a very large family of readers and I am doing my best to get things into such shape that from now on the latch string is always out in both the "Family Counsel" and *The Helper*, and the first gentle little tap will bring a cheery "Come in!"

More Organizing.

and now we have organized it.

At the same time I have been organizing our stock of books, etc., in the basement and the two-story barn. I tried to get a man experienced in handling stock, to come and show us how—I was too busy to do it myself. But in the end I had to organize it myself. Now I should be delighted to show any of our readers through our stock rooms! They are as slick as a pin and we have the neatest, handiest and simplest stock-keeping system imaginable. I don't see how it could be improved now, but further growth in the business will probably reveal other needs to be met.

Three Changes The Charm.

This seems to be a time of great changes!
1st. My son, Chester Holt Struble, is coming from Portland, Oregon, to arrive in Holyoke September 2d, to become managing editor of *The Nautilus*. Wish him all kinds of success, please.

2d. Silman Jay Kaufman, who has been our valued managing editor for the last year and a half, is now our dramatic editor and special advertising representative in New York city. Our Dramatic Number will contain an interesting article from him.

3d. Our Thomas Dreier, who has been one of our irregular-regular contributors for the last year or two, has accepted an editorial position with *Human Life*, the big Boston magazine about people. He promises that his new duties will not interfere with his continuing

with *The Nautilus* as one of our valued irregular-regular contributors.

These three moves are all working for good, for the advancement of all three individuals and *The Nautilus*—advancement of all in the direction in which they want to go.

We extend our cordial thanks, congratulations, and best wishes, to all three. Let's all join in a *Nautilus* Good Will to help them on their way.

More Prizes.

In a few days we shall be awarding that pretty little set of Kipling's works—or maybe more than one set!—to *The Nautilus* friend who has sent us the largest number of new subscriptions up to and including September 30th. Next month we will tell the name of the winner—or winners as the case may be!

And now here is something else for the *Nautilus* friend who sends us in the most new subscriptions during the month of October. You can send your new subscriptions in to us right away if you wish, and it will be all right if you state that you are working for the October prize.

The *Nautilus* reader who sends us in the most new subscriptions in the month of October may have HIS CHOICE of one of forty subjects of those beautiful Burlington Proofs that are imported from Europe by the Doubleday Page Art Company. Sent carriage prepaid. The pictures are real works of art, somewhere in the neighborhood of 17x28 inches, and sell for \$4.00 each. They are not only very beautiful, but rare reproductions from the most priceless paintings in the art galleries of Europe—subjects from Frans Hals, Van Dyck, Sir Joshua Reynolds, Turner, Burne-Jones, Corot, Millet, Whistler, and many others.

One of the most effective and beautiful of these prints is that of "The Laughing Cavalier" by Rembrandt. There was an ad about these proofs on the inside back cover of the April *Nautilus*, showing five of the forty subjects, from which you would be able to choose. They are printed on genuine hand-made Japanese tint paper, completely mounted on rich Whatman finished plate paper 34x26 inches.

If there should happen to be a tie among those who compete for this prize, we will not cut the picture in two!—but will send a duplicate. Send us six new subscriptions to *Nautilus* at a dollar each and you shall have your choice of these Burlington Proofs, whether you win the prize or not.

The one who sends in the most subscriptions during the month of October shall have the Proof awarded as a prize no matter if the largest number is only one or two subscriptions! One of these Burlington Proofs appropriately framed will grace any wall.

All one's life is music if one touches the notes rightly and in tune.—Ruskin.

ABOUT REMEMBERING

By **ELBERT HUBBARD**

FOR some long time I have been promising myself to write up my good friend, Mr. Henry Dickson of Chicago, and I have not forgotten. ¶ Mr. Dickson is teaching a Science or System, whichever you choose to call it, which I believe is of more importance than the entire curriculum of your modern college.

Mr. Dickson teaches Memory.

Good Memory is necessary to all achievement.

¶ I know a man who is fifty-five years old. He is a student. He is a graduate of three colleges, and he carries more letters after his name than I care to mention. But this man is neither bright, witty, clever, interesting, learned nor profound.

He's a dunce.

And the reason is that he **CAN NOT REMEMBER** ♣ Without his notes and his reference literature, he is helpless.

This man openly confesses that he cannot memorize a date or a line of poetry, and retain it for twenty-four hours. His mind is a sieve through which sinks to nowhere the stuff that he pours in at the top.

Education is only what you remember. The lessons that you study into the night and babble about the next day in class are rot, unless you retain them and assimilate them by the slower process of memory.

You cannot gulp and discharge your facts and hope that they will do you any good. Memory only makes them valuable.

Every little while in business I come across a man who has a memory, a **TRAINED MEMORY**, and he is a joy to my soul.

He can tell you when, where, why, how much, what for, in what year, and what the paper said the next morning.

Like this man is another, the general manager of a great corporation in a Western City. He never misses a face. If he sees you once that's enough. The next time he'll call you by name, inquire about the folks at home and ask if you have recovered from that touch of rheumatism.

He told me how he did it. He told me that he studied memory-training with Professor Dickson of Chicago. Also, he said a lot of nice things about Professor Dickson, that I hesitate to write down here lest my good friend Dickson object.

This Dickson System of Memory-Training, as I understand it, and I do understand it, is very simple. If you want to enlarge your arm to increase the power and strength of your muscle, you exercise it. The same with your mind.

You must put your brain through a few easy exercises regularly to discover its capacity. You will be surprised, when you go about it the right way, to know how quickly it responds to you.

To the man or woman whose memory plays you tricks, I especially recommend that you write to Professor Dickson to send you his literature. It will cost you nothing, and if his credentials and recommendations and the facts he sets forth, do not convince you, you are not to be convinced—that's all.

You do not know when you will be called to stand on your feet and tell what you know: then and there a trained memory would help you ♣ ♣

You've sympathized with the little girl who stutted her "piece." But you've wept for the strong man who stammered and sucked air and gurgled ice-water and forgot, and sat down in the kindly silence. In the child it was embarrassment, but in the adult it was a bad memory.

¶ Professor Dickson's System can give you a **BETTER MEMORY** because it is based upon right principles.

Write and ask Professor Dickson to tell you how he trains the memory.

Fill out Coupon or Postal and mail TODAY. It means success.

Prof. Henry Dickson, Principal,
Dickson Memory School,
888 Auditorium Bldg., Chicago

Send me your free book "HOW TO REMEMBER"

NAME _____

STREET _____

CITY _____

STATE _____

**PROF. HENRY DICKSON, Principal, DICKSON MEMORY SCHOOL
888 AUDITORIUM BUILDING, :: CHICAGO, ILLINOIS**

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

A PERSONAL ANNOUNCEMENT

By Elizabeth Towne.

Beginning November 4th there will be a new periodical published from the home of *The Nautilus*.

It will be edited and written by Elizabeth Towne.

There will be no display advertising of any description in the paper, and no advertising in the reading matter, except as books, etc., may be mentioned in answering requests for advice.

The name of the new periodical will be *The Helper*.

THE HELPER.

The post office will not have a chance to declare it a "second class publication," for each copy will be sent out under stamp. This is the only way Uncle Sam permits us to publish a periodical which contains no paid advertising and which mentions anything and everything on earth the editor may choose.

The Helper will contain letters from correspondents with answers by Elizabeth Towne on all manner of subjects pertaining to daily living in home, business, society and civics. Its one aim is to help those who ask, to counsel with those who want it, to radiate inspiration, wisdom and power on every conceivable topic under the sun.

HOW IT HAPPENED.

The Helper is in a way the child of the "Family Counsel." In September "Nautilus News" I mentioned the plethora of "copy" we have on hand for that department. On looking it over I found enough matter to fill the "Family Counsel" department for the next two years! In addition I find enough editorial matter to fill *Nautilus* for at least another year! If I tried to put this "Family Counsel" matter all into *Nautilus* it would entirely overbalance the other departments, and spoil the proportion and purpose of the magazine. Wondering over what to do with this there suddenly dropped into my mind these words "Publish a little magazine like *Christian!*"

This is the second time these words have dropped into my mind out of a clear sky. The first time the idea developed into *The Nautilus*, the first number appearing in November, 1898.

Evidently the Spirit that speaks in me has a desire to repeat history.

Perhaps the Spirit has been listening to those *Nautilus* friends who still bewail the "old *Nautilus* with our Elizabeth as she used to be."

WHAT IT WILL COST YOU.

The new periodical is to be printed in the same size type as the editorials in *Nautilus*, on the finest quality of Albion White, calendered, 70-pound paper, and it will be sent out in envelopes.

THE PRICE will be \$1.00 per year; 10c per single copy; no discounts; no premiums; no sending of magazines after subscriptions have expired.

A dollar looks like a big price to pay for a little personal periodical. It is. But I have gone over the figures carefully and have made up my mind that a dollar is the smallest price such a periodical can be published for without the aid of advertising.

The old *Nautilus* paper sold for 50c a year, but in order to get it established I had to advertise my healing business in it, and ever since that its circulation has been pushed by the aid of premiums.

IDEAL PRINCIPLES.

The new periodical is to be published on the following ideal principles:

1. Absolute freedom as to subjects treated, and the manner in which they are treated.
2. No subsidies nor outside influences of any sort to sway the ideals or expression of the editor.
3. No paid advertising of any sort to be published therein.
4. The subscription price to cover all expenses and leave a modest profit for the publisher.

We have a great many subscribers to *Nautilus* who profess to really want a periodical published on the above lines and edited by Elizabeth Towne. One purpose I have in publishing this paper is to see just how well our readers' subscriptions will agree with their protestations!

CONTENTS OF NO. 1, VOL. 1.

Among the subjects treated in Volume 1, No. 1, will be the following:

Family Jar.

The Cure of Obsession, etc.

Making the Blind See.

Growth Comes by Acceptance.

Getting Rid of Acne.

How to Make Life a Vacation.

Realizing the Heart's Desire.

NOW OR NEVER!—MAYBE.

The earlier you subscribe for *The Helper* the more you will help, and the surer you will be to get No. 1, of Volume I; for we intend to publish only as many copies as are really needed for our subscribers. If you postpone your subscription you may get left.

If you are doubtful about subscribing now, send in 10c a month until you make sure. And do it now, to be doubly sure. Our order will go to the printer's very soon.

YES?

REMEMBER — *The Helper* is a dollar a year, 10c per single copy, no discounts, no premiums, no free samples, and no bargain counters. Do you meet me on that platform?

Yours for the Ideal made Real,

ELIZABETH TOWNE.

THE NAUTILUS.

Vol. XII.

OCTOBER, 1910.

No. 12.

CONTENTS:

Editorials,	Elizabeth Towne,	11 to 18
Rest in Fellowship, (New Poem),	Edwin Markham,	19
Faith and Means Consistently Combined,	Walter De Voe,	20
Affirmation, (New Poem),	Lois Fox,	22
The Psychology of the Solar Plexus, Part II,	Julia Seton Sears, M. D.,	23
Revelation, (New Poem),	Aldis Dunbar,	25
How to Teach School Without Friction, Part II,	Katherine Quinn,	26
To Work Is To Pray, (New Poem),	Florens Folsom,	28
Tributes to Prof James,		29
Your Interest,	Fred G. Kaessman,	30
As a Grain of Mustard Seed, (New Serial),	Wallace D. Wattles,	31
The Mystery of Science—Carbon,	Edgar Lucien Larkin,	36
Men and Women,		39
All Is Good,	Rose Woodallen Chapman,	42
Lessons in Constructive Science, Part XII,	Wallace D. Wattles,	44
Do We Practice What We Know,	George A. Flanagan,	47
Views and Reviews,	William E. Towne,	49
Reincarnation, (New Poem),	Catherine Cronin,	51
Things That Make for Success,		52
Family Counsel,		54
The Way the Wind Blows,		56
Circle of Whole World Healing,		57
Little Visits,		58
Anent Books and Things,		66
Nautilus News,		1

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, January, 1910, by Elizabeth Towne.

Published Monthly.

Holyoke, Mass.

Entered at the Post Office at Holyoke as second class mail matter. Foreign postage, 50 cents.

THE NAUTILUS.

ELIZABETH TOWNE
WILLIAM E. TOWNE

Editors

Edwin Markham
Ella Wheeler Wilcox
Florence Morse Kingsley
Grace MacGowan Cooke
Prof. Edgar L. Larkin
Wallace D. Wattles
W. R. C. Latson, M. D.
S. Jay Kaufman
Thomas Dreier
Adelaide KeenThese are
Nautilus
Contributors
for 1910-11.
Others
Coming!

THE NAUTILUS, monthly, \$1.00 a year; foreign countries 6 shillings, 3 pence, by international money order; to Canada, \$1.25. Foreign money, stamps or postal notes not acceptable. THE NAUTILUS is owned and published by Elizabeth Towne, Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

If special receipt is desired for subscription sums less than \$1.00, send self-addressed and stamped envelope or card.

You will save me, and perhaps yourself, a lot of trouble if you will state whether your subscription is new or a renewal.

We will send you a notification when your subscription expires.

Give full name and fullest address in every letter.

Send prompt notification of change of address, giving both old and new address. This is most important, for

names cannot be found on list unless town and state are given.

I assume no responsibility for copies of NAUTILUS lost through failure to notify me promptly when address is to be changed.

All articles and items appearing in NAUTILUS which are not otherwise signed or quoted, are written by the editors.

All articles, poems and items in this magazine are written especially for THE NAUTILUS, unless otherwise indicated; and are protected by copyright. Other publications are welcome to quote from our columns provided credit is given THE NAUTILUS.

The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 9.

ADVERTISEMENTS.

The publishers of THE NAUTILUS use every reasonable effort to see that only advertisements of reliable concerns appear in its columns. While we cannot undertake to adjust mere differences between advertisers and their customers, yet we will make good in Dollars and Cents, the actual loss any paid-up subscriber sustains by being defrauded through any advertisement in this number of THE NAUTILUS, provided you mention THE NAUTILUS when answering advertisements, and that complaint is made within thirty days of the publication of this number, and provided also that you made remittance to the advertiser in such form that it can be traced.

Best Books as Published

BY ELIZABETH TOWNE

BY ELIZABETH TOWNE

PRACTICAL METHODS FOR SELF-DEVELOPMENT, SPIRITUAL, MENTAL, PHYSICAL.

160 pages on antique paper, new half-tone of the author; well bound in cloth; price, \$1.00.

THE LIFE POWER AND HOW TO USE IT.

176 pages, well bound in vellum cloth, with autograph picture of author. Price, \$1.00.

LESSONS IN LIVING.

The latest book by Mrs. Towne, out October 1, 1910; 185 pages, bound in silk cloth, stamped with special cover design, new portrait. Price, \$1.00.

JOY PHILOSOPHY.

75 large pages, bound in purple silk cloth, stamped in gold. Price, \$1.00.

YOU AND YOUR FORCES, or The Constitution of Man.

15 chapters, green and gold, flexible cover, half-tone of the author. Price, 50 cents. "Full of thought-starters." "In many respects the most remarkable book I ever read."

HOW TO GROW SUCCESS.

71 pages, strong paper cover, picture of author; Price, 50 cents. "A well of information and help."

EXPERIENCES IN SELF-HEALING.

A Spiritual autobiography and guide to realization, intensely alive and helpful; price, 50 cents. "A book of strong common sense, lighting up what to many is a path of fear and mystery."

HAPPINESS AND MARRIAGE.

Treats of the everyday problems of married life and tells how to solve them successfully. 80 pages, heavy paper covers, picture of author. Price, 50 cents.

JUST HOW TO WAKE THE SOLAR PLEXUS.

Paper bound; price, 25 cents. German translation by Bondegger. price, 30 cents. "It contains a FORTUNE in value." "Breathing exercises of great value." "Not only the key, but explicit method."

JUST HOW TO CONCENTRATE.

Paper; price, 25 cents. "A bugle call to those who sleep." "A power and an inspiration." "So helpful."

HOW TO TRAIN CHILDREN AND PARENTS.

Paper; price, 25 cents. German translation by Bondegger; 30 cents. "It is great! Every father and mother should have it."

JUST HOW TO COOK MEALS WITHOUT MEAT.

Paper; price, 25 cents.

YOUR CHARACTER, by Elizabeth Towne and Catherine Struble Twing.

96 pages. Price, 75 cents.

Any of the above books sent postpaid on receipt of price. Any \$4.00 sent postpaid for \$3.50; any \$10.00 worth for \$8.50. Order of the author, Elizabeth Towne, Holyoke Mass,

BY WALLACE D. WATTLES

THE SCIENCE OF GETTING RICH.

Bound in violet silk cloth, portrait of author; 155 pages. Price, \$1.00.

THE SCIENCE OF BEING WELL.

Uniform with the above, new portrait; price, \$1.00.

NEW SCIENCE OF LIVING AND HEALING.

Bound in "Rhodendon," 100 pages. Price, 50 cents.

THREE SPECIAL BOOKS

HEALTH AND WEALTH FROM WITHIN.

By William E. Towne.

Cloth bound, half-tone of author, 156 pages. Price, \$1.00, postpaid.

PROSPERITY THROUGH THOUGHT FORCE, by Bruce McLelland.

Cloth bound, half-tone of author, 160 pages. Price, \$1.00.

PSYCHICOMA, or Soul-Sleep, by Helen Rhodes.

New light on self-development. Practical and helpful. Cloth bound. Price, \$1.00. Selling like hot cakes."

THROUGH SILENCE TO REALIZATION.

This is the latest book by Floyd B. Wilson, author of "Paths to Power," etc. Handsomely bound, green and gold, 200 pages. Price, \$1.00.

THE EVERY DAY BOOK.

Compiled and portions of it written by Suzanne Wardlaw.

A "birthday book," "year book" and "every day book" combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers, and special sentiment for every month, with appropriate quotation for each day of the year. A little beauty, heavy finished paper, rich red silk cloth stamped in white leaf, 130 pages and blank pages for further sentiments. Size 4 1/2 x 8 inches. Price, \$1.00, postpaid.

BY ELLA WHEELER WILCOX

THE STORY OF A LITERARY CAREER, by Ella Wheeler Wilcox.

This book contains a foreword by Elizabeth Towne, who publishes it; and a supplementary chapter by Ella Giles Ruddy. Beautifully printed and bound in heavy paper, with illustrations. Price, 50 cents.

NEW THOUGHT PASTELS.

A volume of the latest and some of the best of Ella Wheeler Wilcox's beautiful poems. Paper, 50 cents; silk cloth bound. Price, 90 cents, postpaid.

"MIND THE BUILDER," by A. A. Lindsay, M. D. Stop having a grudge against your looks, your form, your feelings, your health, your involuntary actions, your inner self or outerself; get "Mind the Builder." It tells in 20,000 words how to build the desirable in all, including your domestic, social or business world. Price, 50c, postpaid. "The Tyranny of Love and Its Sequel, Love the Liberator," is the greatest truth concentrated. All have suffered from love as a tyrant. Dr. Lindsay in this booklet shows how to get the blessing of Love a Liberator. Price, 30c, postpaid. Lindsay Pub. Co., People's Bank Bldg., Seattle, Wash.

Special No. 4. Watch for the next.

We Will Give You a One-dollar Book if you will send us any names of Advanced Thought Centers of any kind anywhere in the U. S., who carry books for sale, and whose names are not now in our files. You choose the book.

ROGER BROTHERS, Helpful Books for Every Reader,
429 Sixth Ave., New York

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

AGENTS



My Sanitary Coffee Maker produces pure, sweet coffee, needs no settler and never wears out. Saves coffee, money and health. Every wife buys at sight; new invention; exclusive territory. Send 15c for 50c size, postpaid. DR. LYONS, 446 Day St., Pekin, Ill.

OSTEOPATHY IN A NUT SHELL

Dr. Goetz's Manual tells you how to cure all diseases WITHOUT DRUGS. This is one of the many indorsements received:

"Your manual received, which I like very much. I can do anything that is laid down in the book, as it is so plain."—J. W. CARTER, McLemorseville, Tenn.

Our prospectus and sample pages free, tell you all about it. NATURE'S CURE CO., Dept. D, 118 E. Liberty Street, Cincinnati, Ohio.

Robert K. Belden

COMPOSER

Send Me Your SONG POEMS



Every Author Should Read My SPECIAL OFFER

I want every song writer to know about my *new* plan.

My proposition guarantees first-class music to your poem. Also the publication and advertising of the finished song (see my ad. below). The music plates become and remain your property. The copyright is secured in your name and the money received from the sale of your song, (less a fair commission) goes to you, promptly.

If such a proposition interests you, send me your best poem to-day.

I am a composer—a musician of education and experience—a writer of successful songs and compositions. When I accept a poem, I study it carefully. I endeavor to get the spirit of it, and the *true thought of its author*. Then I compose such music for it as will display its most attractive qualities.

What song could possibly succeed without really good music?

Mine is *guaranteed*. Stop and think how much this means to you and the welfare of your song.

MY PLAN VIRTUALLY MAKES YOU YOUR OWN PUBLISHER.

This is what you get:—The best possible plate work—distinctive printing—an attractive title page, bearing your name as author and publisher—copyright in your name, and 250 completed copies of your song. I show you how to *dispose of these copies profitably*. I will publish your future editions at practically cost price.

You will have already received an enormous value for the price I ask. This however, is not all. At the foot of this page is my advertisement of songs, etc., for sale. *Every song* that I publish under this prop-

osition will be advertised in exactly the same way.

What I am doing for the authors of these pieces, I will do for you.

In conducting this service, I merely act as a broker, retaining a fair commission on sales. In addition to 250 copies sent you, I pay for enough extra copies to meet the demand created by my publicity.

DO YOU REALIZE THE SIGNIFICANCE OF THIS OFFER?

It means that your song will receive the benefits of publicity in full page advertisement in this or some equally high grade magazine.

Don't you suppose the "ad" below is going to bring me orders? *You just bet it is.*

From beginning to end, could you ask for a more liberal proposition? My price will surprise and please you. Send for it today.

When you send me your song poem, I will criticize it carefully, and write you my honest opinion regarding it. *It cost you nothing*. I will tell you at once if it has any chance of success as a song lyric. *I will not accept a poem that is not as good as the best or that cannot be revised and made so by my efforts.*

I simply guarantee you a square deal—full value for your money—excellent workmanship and a chance to reap the benefits of advertising on a large scale. *The proof is here before you.*

No obligation is created by sending me a poem. It will be promptly returned to you should you not care to accept my offer.

Completed songs and instrumental pieces (in manuscript) are also acceptable under this proposition.

Send me your poem or *Ms. to-day*. Don't wait until next week. Don't put it off until tomorrow. *Do it now!* You will hear from me by return mail with full particulars.

ROBERT K. BELDEN, Desk K, 25 East 14th Street
New York City

THE LATEST SONG HITS

Produced under the direction of ROBERT K. BELDEN, song broker. 15c EACH—sent postpaid—50c FOR ANY FOUR. Every song guaranteed to be a "WINNER" in its class.

"A LITTLE RED WAGON." By Grace G. Husted and Robert K. Belden. A charming little song, that will take you back to your childhood days.

"TELEPHONE BELLS." Words and Music by Vesta B. Weaver. An extremely original and "catchy" number.

"LET'S PLAY CANDY MAN." Words and music by Ethyle Cavan. Another "kid" song and a winner.

"LITTLE DROPS OF WATER." By J. C. Dyer and Robert K. Belden. Everyone interested in "New Thought" should have this beautiful song.

"LESTER, LESTER, LESTER, TAKE ME BACK TO OLD ROCHESTER." By Geo. A. Gross. Both words and music are unusually "catchy" and up-to-date.

"THOSE DAYS OF LONG AGO." By John Mills and Robert K. Belden. Everyone loves this kind of song, and it is far better than the average.

"THE ONLY GIRL FOR ME." By Chas. Winegard and Robert K. Belden. Very clever words and a waltz refrain that "gets you."

"GIVE BACK MY HEART." By Mary S. Strickler and Robert K. Belden. A very high class ballad.

Orders filled promptly by ROBERT K. BELDEN, Song Broker, Desk K, 25 East 14th Street, New York City

THE WORLD HAS NO TIME FOR THE SICK OR WEAK

EVERY now and then Nature exacts payment of the man or the woman who has violated its essential laws of health. There is no way to shun the debt. Nature is a rigid taskmaster and shows no favoritism. It may take a day, a week, a month or a year to pay Nature's bill—but, it must be paid—eventually.

Some folks, deceiving themselves, try to settle with counterfeit funds—by resorting to stimulants or drugs. They receive Nature's warning in form of an ache, pain or "all-in" feeling, and immediately rush to the drug store for some patent medicine that puts the ache to sleep, or gives temporary rejuvenation. And, when the effects of the narcotics have passed, the ailment awakes from its slumber more insistent than ever.

AND OUTRAGED NATURE CRIES LOUDLY FOR ITS TOLL

Sickness is not a necessary condition. It is absolutely the reverse. Scientists say, and rightly, that sickness is nothing more than the punishment of a crime committed against Nature.

A goodly number of us are made sick because we knowingly disobey the Natural Laws of Life—which are the Laws of Health. An even larger portion of humanity suffers through IGNORANCE of those laws. All who remain sick, weak or physically and mentally tired, do so because of failure to conform to Nature's rules regarding diet and exercise.

Years ago, we discovered that the world has no time for the sick man or the sick woman. We determined to help these unfortunates who had become slaves to the medicine-habit; these folk who were trying to patch up illnesses that demanded Nature's help in restoring vigor and complete health.

The result was Bernarr Macfadden's System of Natural Curative Treatment.

This System grew out of years of unremitting research by Bernarr Macfadden and a staff of experts. It has been in use, now, for many years. Many health-deserted, ailing people have been made physically sound again through its use. You—who have struggled to ensnare health through the medium of the pill-box and the medicine bottle—have now a real opportunity to regain vigor and strength.

HEALTH BY MAIL, Inc.

109 West 129th Street

NEW YORK

(NOTE THE NEW ADDRESS)

"MACFADDEN'S NATURE SYSTEM" GIVES A LASTING GRIP ON HEALTH

The world's ablest physicians have recently discarded the time-worn custom of prescribing medicines for ills. They have gradually ordered proper eating, proper drinking, proper breathing, proper exercise, and proper bathing instead. They call it "hygiene"—Nature's own best remedy for ALL ailments.

You marvel at the simplicity of it and wonder, perhaps, why you have not tried it before. But wait a moment!

That word "proper," as related to eating, drinking, breathing, exercise, and bathing carries untold meaning. It means, in short, that *you must have expert, experienced guidance if you would have perfect results*—if you would pay Nature's debt for violation of Nature's laws.

And this means—finally—that you need our System of Natural Curative Treatment.

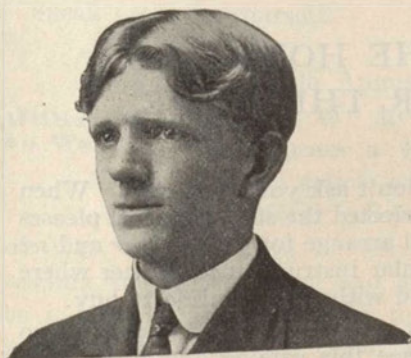
No matter what your present complaint may be—regardless of its character or duration—our System of Natural Curative Treatment will do more for you than all the medicine in your town. It is your health salvation—and waits for you to seize it.

Write today—for tomorrow never comes. Address your letter to Our Head Physician, who will personally read your letter and advise you. Ask for diagnosis blank number 209. Our Head Physician is not only a Macfadden graduate, but also a graduate doctor of medicine. He KNOWS. Further, he gives his personal attention to the needs of every subscriber; only his eyes see your letters; he, alone, prescribes the routine you are to follow along Nature's Road to Health.

To the Sick Man—we offer new-born health; a capacity to surpass previous best efforts.

To the Sick Woman—we offer the chance to obtain a clearer complexion, a buoyant carriage and perfect strength that make for the joy of living.

Hundreds of unsolicited testimonials come to our office every month. So enthusiastic do our patients become because of the results obtained that we are frequently requested to publish their letters and photos. Every letter published is printed just as it was received by us from our patient. Read in Mr. Inch's own words what we have done for him.



FRANK INCH, Rock Island, Ill.

Write today to the Head Physician. All correspondence is held sacredly confidential. Ask for diagnosis blank L and large free booklet.

HEALTH BY MAIL, Inc.

109 West 129th Street

NEW YORK

(NOTE THE NEW ADDRESS)

Rock Island, ILL., June 6, 1910.

DEAR DOCTOR:

About three months ago I started to take your drugless treatment. I had suffered nearly all my life with indigestion and General Debility. I have taken enough dope to start a small drug store, but I am very happy to state that after taking your treatment for only three months I feel like a new man. I wish I had taken it years ago, and my advice to all sufferers is, "Get started at once!" I have no trouble with my stomach any more and I am stronger in every respect. I can now do a day's work with any one. I have not lost one day's work since I began your treatment, but work from eight to ten hours daily even during treatment. It is good to feel that you are living, not merely existing.

I will answer all inquiries, provided a stamped envelope is enclosed.

Happily yours,

FRANK INCH, 814 First Ave.

In Their Natural Colors

A Great Catalog of Pianos and Player-Pianos Free

A NEW Packard catalog is ready. This announcement means more than any similar one has ever meant from us or any other piano manufacturer. It means not only new Packard styles in uprights, grands and player-pianos, by far the most beautiful you ever saw, but—

A new way of showing them that enables you to see each instrument in the *natural* color and grain of the wood.

These reproductions are the *first direct color photographs* of pianos ever perfected and are as great an achievement in their line as the first Packard Piano was in its.

So accurate are these illustrations that, if necessary, you could select from this catalog and be entirely satisfied, for the *distinctively sweet singing tone, nice elasticity of action and unsurpassed durability* that have made the Packard known as the piano and player-piano for the home are in *every* instrument.



Mission Style

Packard

THE PIANO FOR THE HOME
THE PLAYER-PIANO FOR THE HOME



*Player-Piano
ready to use as a player*

But we don't ask you to do this. When you have selected the style that best pleases you we will arrange for you to *hear* and *see* that particular instrument no matter where you live and without obligation to buy.

So don't get a piano or player-piano until you see this catalog and know how satisfactorily a Packard purchase can be made. Write today.

THE PACKARD COMPANY
Dept. U, Fort Wayne, Ind.

"Build thee more stately mansions, oh, my soul;
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes, "The Chambered Nautilus."

THE NAUTILUS.

Self-Help Through Self-Knowledge.

MONTHLY }
One Dollar a Year. }

OCTOBER, 1910.

} VOL XII
} No. 12



A Screw Loose?

Perhaps it is not a screw loose—it is a screw too tight!

Aren't you just a little too strenuous

in your work?

Perhaps you stick to it so long that you get all tied up in knots.

Take an hour or two vacation every day and play out doors.

And take a minute-vacation many times a day in which to breathe full breaths of outdoor air. If you haven't time to go out of the room stand at the open window!

Speak peace to yourself.

William James on War.

In the August number of *McClure's* appears a suggestive article on "The Moral Equivalent of War," by William James. After reading the article twice and sleeping on it several times I proceed to translate the idea from James-ian English into everyday American, thus wise:

Man is a dual being, one side devoted to the Main Chance, his personal interest and ease; the other side capable of devoting itself to the Common Good; sacrificing self interest and ease, and enduring hardship even to the laying

down of his life for the Greater Good.

Business, trades, and arts all are pursued in the interest of, and for the development of the individual. Here every man competes with his neighbor, each working for more power, honor, and wealth, for himself.

Looking back over history we find that the other half of man has been exercised only in war, never in times of peace. Fear of the common enemy has made the nation one in aim and effort. The individual forsook and forgot personal interest and flew to the aid of the nation. No sacrifice was too great to make, no hardship too rough to endure for the good of the whole. Personal self-consciousness merged into the nation consciousness which made all men one for the time being. Emotion flamed high, and welded men in One Spirit.

The war was fought, nations weighed in the balances, and the fittest survived. Patriotic ardor cooled and left the individuals horrified at the inhumanities and bestialities of war.

Says William James: "*Militarism is the great preserver of our ideals of hardihood, and human life without hardihood would be contemptible. Without risks or prizes for the darer, history would be insipid indeed; and there is a type of military character*



EDITORIALS

BY ELIZABETH

which everyone feels that the race should never cease to breed."

Weighing Nations.

William James cites S. R. Steinmetz in "The Philosophie des Kriegeres" as saying

that war "is an ordeal instituted by God, who weighs the nations in its balance. It is the essential form of the state and the only function in which peoples can employ all their powers at once and convergently. No victory is possible save as the result of a totality of virtues, no defeat for which some vice or wickedness is not responsible. Vitality, cohesiveness, tenacity, heroism, conscience, education, inventiveness, economy, wealth, physical health and vigor—there is no moral or intellectual point of superiority that doesn't tell, when God holds his assizes and hurls the people upon one another. * * *

So far, war has been the only force that can discipline a whole community and until the equivalent discipline is organized, I believe that war must have its way." All these things we must cherish and use or the nation will degenerate into "femininism unabashed—no scorn, no hardness, no valor any more."

But the inhumanities of militarism must cease—the whole world votes for it.

The New Conscription.

A new enemy we must have.

The nations of the world are brothers, and they can no longer stomach killing each other off, either in hot blood or cold. They must band together and the enemy

must be a common enemy that all nations can fight to the satisfaction of patriotic ambitions and personal; with opportunity for making of romance and history.

As the common enemy William James suggests *Nature*. As things are now, a portion of the human race is doomed to hardship as long as it lives, while another portion of the human race is raised in softness and takes its hardships vicariously at the football game. Why specialize on hardships and softships? Why not let the young people take the world's hardships in shifts, in true military style? Here is William James' suggestion:

"If now—and this is my idea—there was, instead of military conscription, a conscription of the whole youthful population to form for a certain number of years a part of the army enlisted against Nature, the injustice would tend to be evened out and numerous other benefits to the commonwealth would follow. The military ideals of hardihood and discipline would be wrought into the growing fibre of the people; no one would remain blind, as the luxurious classes are now blind, to man's real relations to the globe he lives on, and to the permanently solid and hard foundations of his higher life. To coal and iron mines, to freight trains, to fishing fleets in December, to dish-washing, clothes-washing, to road-building and tunnel-making, to foundrys and stoke-holes, and to the frames of skyscrapers would our gilded youths be drafted off, according to their choice, to get the childishness knocked out of them, and to come back into society with healthier sympathies and soberer ideas. They would have paid their blood-tax, done their part in the immortal human warfare against nature; they would tread the earth more proudly; the women would value them more



EDITORIALS

BY ELIZABETH

highly; they would be better fathers and teachers of the following generation. Such a conscription, with the state of public opinion that would have required it, and the moral fruits it would bear, would preserve in the midst of a pacific civilization the manly virtues which the military party is so afraid of seeing disappear in peace. We should get toughness without callousness, authority with as little criminal cruelty as possible, and painful work done cheerily because the duty is temporary, and threatens not, as now, to degrade the whole remainder of one's life."

This then is "the moral equivalent of war."

With Nose to Grindstone.

Already the day is dawning when the hardships and softships of this world will be evenly distributed among the people and no one will be bound to any kind of labor after he has lost his interest in it.

The world does owe us a living. And the strong ones of the world owe us the privilege of changing our work before it has deadened us into stupid drudges.

The time is coming when every man will have the privilege of passing from one kind of world-helping work to another without starving to death in the process, just as the child passes from one class in school to another, as he becomes proficient.

Why keep a man for a lifetime at one kind of work, any more than you keep a child forever repeating the lessons of one term in school? All life is a school, all living is learning. All unnecessary repetition is ossification, death, waste of human energy.

The man or woman who has made

good in a particular line of work, should leave that line of work, and go on to another where he can learn something new. Under our present economic conditions it is nearly impossible for him to make the change without fear of starving to death while learning the new work. It is up to the rich and powerful and soft ones of earth to conserve and develop human energy by enabling it to change its occupation at more frequent intervals.

Men and women grow crooked, dull and cross-eyed with their noses to the grindstone. Let the army relieve them!

A New Army.

In connection with William James' idea of turning war against nature, instead of against human nature, I was much impressed with an article on "The Boy Scouts" in *The Literary Digest* for August 6. It seems that Ernest Thompson Seton instituted this Boy Scout Movement some ten years ago, the boys calling themselves the Seton or Woodcraft Indians. About two and a half years ago Sir Robert S. S. Baden-Powell instituted the same movement in England, with Mr. Seton's co-operation, and the Boy Scouts in England now number some four hundred thousand.

It is now announced that the two movements which are essentially the same in purpose and organization have been merged, the Seton Indians to be known henceforth as the Boy Scouts of America. So says *The Digest*.

The body of the movement, as defined by Sir Robert Baden-Powell, "is to seize the boy's character in its red hot stage of enthusiasm and to weld it



EDITORIALS

BY ELIZABETH

into the right shape and encourage and develop its individuality, so that the boy may become a good man and a valuable citizen for our country.

"The Scout Movement is intended to supply some of the needs left crying since the old-fashioned farm home was done away with, where the boy learned all sorts of practical things from riding, shooting, skating, running and swimming, to the use of tools, the care of domestic animals, and woodcraft; whereby he became physically strong, self-reliant, resourceful, and well developed in body and brain."

The motto of the Boy Scouts is "*Be Prepared.*"

The fundamental principles to which they subscribe are these:

"A Scout's honor is to be trusted.

"A Scout is loyal.

"A Scout's duty is to be useful and help others.

"A Scout is a friend to all, and a brother to every other Scout, no matter to what social class the other belongs.

"A Scout is courteous.

"A Scout is a friend of animals.

"A Scout obeys orders.

"A Scout smiles and looks pleasant.

"A Scout is thrifty."

Badges and honors are awarded for hardy accomplishments without end.

"Before he may wear a first-class badge he must satisfy examinations in ten matters. 1st, he must be able to swim fifty yards. He must have a shilling in the savings bank. He must be able to send and receive a message, either in Semaphore or Morse, ten letters per minute. As a test in self reliance he is sent off on a two days' journey by himself, or with only one other Scout. On returning he must write an intelligible report of things seen. Then he must know how to deal with various accidents—ice-breaking, electric shock, drowning, run-away carriage, and so on. He must prove that he can make a

damper, cook a hunter's stew, skin and cook a rabbit, or pluck and cook a bird. He must read a map and draw sketch maps; use an axe for felling timber, and judge distance, area, size, number, height and weight within twenty-five per cent error. Finally he must bring in a tenderfoot, trained by himself in the points required for a tenderfoot badge."

It is said that Boy Scouts do not have to ask twice for a job in England, that they are quicker and more intelligent than those who do not belong to that army. Several times Boy Scouts who happened to be handy have rendered splendid service in cases of accident or other emergency. When two hundred and fifty thousand people were gathered together in Hyde Park waiting for eight or nine hours in the terrific heat to see the pageant of King Edward's funeral, the Boy Scouts were in attendance. They helped the fainting women, brought water and helped to keep back the crowd. When all was over the Boy Scouts tidied the park of rubbish and scattered paper!

Sir Robert Baden-Powell is to visit America next Fall and it is to be hoped that the Boy Scout movement will receive great inspiration from his presence.

Prof. William James.

The Nautilus believes in presenting its bouquets while a man is still living and able to enjoy them. But for once death has got in ahead of us, and our special William James Number appears *In Memoriam*.

William James is known as the greatest psychologist in America, if not in the world. Many laudations are made to



EDITORIALS

him, that we need not repeat here. Among them all nothing more beautiful has been said than the words of Josiah Royce which appear under William James' portrait on another page of this magazine.

It is said that the new thought people and the Christian Scientists of New England owe their freedom to the influence of Prof. James. The medical trust has made repeated assaults on the legislature with intent to put the drugless healers down and out, but always the wise influence of William James has won the day against them.

So every new thoughter owes special gratitude to him. If we belonged to the Catholic faith we would say a special requiem for his soul. Being of the new order we thank him and goodspeed him, knowing that no soul can travel faster nor farther than our Good Will.

Especially we are glad for the last suggestion which William James sent in to the world—the suggestion of “A Moral Equivalent for War,” a new conscription for the public good.

The People's Policies.

It looks as if Roosevelt will have to be our next president. President Taft got started with the “Old Guard,” and he is too heavy to change his course now.

Mr. Taft is not fitted for the presidential job. When it comes to a choice between the strenuous presidency job and the Supreme Court bench our bulky president naturally decides for the bench. Too bad he didn't follow his bent.

No! It all works for good—the downing of special privilege would have been

postponed many years. It comes when it ought to, and the “Old Guard” must fall. Taft has shown that he would make a better feather bed for the trusts to lie on than a Crusader for the people.

If the Republican party had good sense it would have thrown the “Old Guard” overboard and followed Roosevelt's lead, to the people's victory, but it is probably too late now—Roosevelt will be our next president, elected by the progressives of both the old parties.

The people of the United States want the Roosevelt policies and Roosevelt. Down with special privilege. Down with the tariff. Up with conservation and direct primaries.

Here is Roosevelt's platform, and the people are on it with both feet:

“The main issue is that we stand against bossism, big and little,” said Roosevelt, “and in favor of genuine popular rule, not only at the elections but in the party organizations and above all that our war is ruthless against any species of corruption big and little and against the alliance between corrupt business and corrupt politics, to which it has been found too often in the past that the boss system offers a peculiarly efficient and objectionable means of communication.”

“We are against the domination of the party and the public by special interests, whether those are political or business or a compound of the two.”

French Palaces.

The great palace of Fontainebleau is the most magnificent and best furnished of all the palaces we

saw. Nearly all its furniture remains intact as it was used by the French kings. Here King Louis XIV built magnificent apartments for Mme. de Maintenon and laid out the most glorious boulevard by which the apartments were to be reached. He called this the Avenue de Maintenon, a long straight wide avenue, with double



columns of immense trees on either side—very untypical of the devious ways by which the Madame came to occupy her regal apartments in the palace of the king.

Near this avenue is a beautiful lake and near the far shore a little stone house stands where Napoleon used to go into the silence. He had it built so that nobody could approach him except by boat. And the one boat was his own and the boatman would have promptly lost his head if he had brought anybody out to interrupt.

There is a grand old Horse Shoe Staircase at the palace of Fountainebleau from which Napoleon bade his mournful farewell to his Guard that April day in 1814.

The gardens at Fountainebleau are not well kept as at the other palaces—it is too far away from the city and the expense is too great.

At Versailles which is quite near Paris the gardens are the glory of it. There are magnificent fountains in the gardens that are played the first Sunday of every month. It costs \$6,000 to play them for three hours. No wonder it is done only one Sunday in the month.

French Art and Temper.

The marvels of Versailles and Fountainebleau palaces are the magnificent painted ceilings in all the rooms. There is very little furniture left at Versailles and that which is shown has been placed there simply to preserve it. This leaves the palace more like a museum than a typical palace, except for the wonderful art of its walls and ceilings.

When the French people got mad at

Marie Antoinette for playing farmer's wife at the Trianon they demanded that Louis XVI and she should come right into town and live at the Louvre palace and conduct themselves as king and queen should. The people went in a mob to Versailles and made Louis and Marie Antoinette promise to come to town to live. But either they were afraid to—for by this time Marie Antoinette was beginning to be really afraid of the French people—or else the queen prevailed upon Louis to remain near her beloved Trianon. At any rate they had no intention of leaving the palace. So the mob visited the palace a second time, when the king and queen had to flee for their lives. We saw the secret door through which they escaped, while the mob ransacked the palace and threw most of the furniture out of the windows. Nearly all of it was carted away or broken up, though some of it came back years later.

Near Versailles are two palaces called the Grand Trianon and the Petit Trianon, both built by King Louis's for their mistresses. Mme. Du Barry lived gaily in one. She had a party one summer evening and they got to talking about sleigh rides. "Come tomorrow morning early, and you shall have a sleigh ride!"—promised the Madame. There was the sleigh, and the snow sure enough!—Mme. DuBarry had caused the immense courtyard to be paved with sugar and salt.

When the first Trianon was built the king asked its prospective tenant what she wanted it named. She replied, "Name it after my pets." Her pets were three little donkeys. So Louis conjured from the Latin the name Trianon,

EDITORIALS

which means "three little donkeys," so they say.

The Petit Trianon was built by Louis XIV for Mme. de Maintenon, who afterwards became his second wife.

Evil Works for Good.

It makes your blood boil to read in French history how millions were wasted on these profligate kings and their mistresses. But when you visit the magnificent palaces and gardens and learn how all these things have come back to the people to be used as great public museums and sources of inspiration you begin to realize that after all even such evils are made to work together for good. The profligate and aesthetic kings offered untold inducements to the greatest of artists, and their finest conceptions are here preserved a heritage for the people for all time. It takes an artist to fully appreciate these wonderful things and to realize how these vicious kings blessed the world in spite of themselves.

I have never liked Frenchy things. The little spindly legs and curlycues of the furniture of the Louis's and the elaborate architecture and decorations of the French, have always seemed to me to run too much to ornamentation and too little to utility. One visit to France has changed my point of view completely. It is not that these beautiful things are futile or over ornate, but that *heretofore I have seen them only in the wrong settings.*

To appreciate French art and French architecture and French paintings go straight to France—with an open heart and mind.

And to see these beautiful palaces

right you need to be carried very slowly through them on a stretcher!—so that you can get a really good view of the magnificent and wonderful paintings on the ceilings. The mob did not seem to know how to hurt the ceilings! I wonder if the painters and the kings suspected the mob and so placed their divine work out of reach!

The Head of the House.

What has come over William? I thought he matched up with Elizabeth beautifully, but my September Nautilus came to hand yesterday, and as usual, I went through it from front to finish before laying it down. I plumped up with satisfaction upon Elizabeth's clear "reading of the law" in that part of her editorial entitled, "The Cure;" every line and sentence rings with her faith in the people, and she clinches her argument with:

"Given these requisites, and you may depend that the voice of the people is the voice of God." William says in his Views and Reviews: "We are standing between the greed and unscrupulous use of power by capitalism on the one hand, and the chaotic mob rule of Socialism on the other hand;" and farther on he says: "A benevolent monarchy seems about the most practical form of government the world has so far evolved." He gives Socialism this harsh slap in the face even with the encomiums coming from all quarters for Milwaukee, the only opportunity Socialism has ever yet had in America for testing its tenets. The plutocrats certainly have reason to feel pleased with William's view point. Who is the head of the Towne house anyway? We who feel the blood of the heroes of '76 still running hot in our veins, know who ought to be.—IRENE L. MINER, Brant, Mich.

Once on a time the Byzantine Empire was ruled by a man named Justinian and his wife Theodora. Justinian didn't sit on the throne and have Theodora for a consort. No. They had a double throne made and the two of them sat on the throne and the two of them put their heads together and ruled the Empire better than it had ever been ruled before.

That is the way with William and me.



EDITORIALS

BY ELIZABETH

We put our heads together to rule the "Towne House." We put our heads together to make the very best *Nautilus* we possibly can. We aim at the same high mark, we believe in the same One Power, we know that all things are working for good, and that everything on earth is giving way to better things. We are doing our best to help the better things into being.

William sees life from one side of the zodiac and I from the exact opposite. What he sees he expresses freely in *Nautilus*, and as fully as he can. What I see I express in the same way. Generally we present both sides of any one question. If our readers have insight they get both sides and then they think still further on their own account.

William and I discuss sociology ad libitum and generally without heat, and always with a result of more light for both of us.

I agree that a "benevolent monarchy" gives the best results for the people. I also believe that true socialism will give us an organization of benevolent monarchies.

That is exactly what socialism is doing in Milwaukee. That is exactly what the commission form of government is doing in Des Moines, Galveston and many other towns. A few men are elected to the high offices and those few men run things exactly to suit themselves, in exactly the same way and with almost preceisely the same machinery that corrupt politicians use.

The only difference is that the socialist officials understand sociology and are really working for the good of all the people, while the boss politicians don't know that they are bound by spiritual

cords to everybody about them; so they work for their own private graft.

Socialism is educating the people to recognize their oneness and work as one. *The Nautilus* is doing the same thing. There are many other forces in the country that are all aiming in the same direction. In due time the whole country—and the world!—will be organized on a socialistic basis. And it won't be such a very long time either.

Then Milwaukee history will repeat itself ten thousand times, and even the corrupt politicians will catch the vibrations of oneness and go to work for the people instead of for themselves.

Behold the co-ordination of benevolent monarchies in true socialism. Read the splendid story of the Milwaukee socialist government, in September *Success Magazine*.

The Joy Wagon.

BY AUGUSTUS WITTFIELD.

Right this way, ladies and gentlemen, for a ride in the Joy Wagon! Fare only one smile—a few kind words.

It is bound for heaven and it follows the roads where happiness abounds.

Its motive power is the explosive action of mirth.

The little blue devils scamper at the "haw-haw" which heralds its coming.

Sunshine abounds in the path of the joy-wagon, for clouds disappear over the horizon at its approach.

The blue sky looks bluer; the green fields smell sweeter; the stars shine brighter, and nature extends the glad hand to the passengers.

You pay your passage in good nature and you may ride until you fall off, for none ever alight voluntarily. You will find on it a varied lot of passengers,—the gurgling joyous babe; rollicking, riotous children; boisterous youth; staid and smiling manhood and the good contact of age. 'Tis a noble company, mesdames and messieurs; the step is down and you will always find the hand of fellowship extended to help you aboard.

The next stop is Elysium. All aboard; a-l-l a-b-o-a-r-d!



Rest in Fellowship.

By Edwin Markham.

Never in knowledge shall we find our rest;
The pain will never cease
And man pass on to peace,
Till he leans his heart against the brother-breast.
Till then his pillow is the wayside stone,
Till then all things send out a restless moan,
Till then amid the crowds he is alone,
A pilgrim on the Earth, a fugitive,
Seeking for something life can never give.

Written for The Nautilus.

Faith and Means Consistently Combined.

MAN'S THREE PLANES OF LIFE AND HOW TO ATTAIN
THE HIGHEST PERFECTION IN EACH—THE LIMITA-
TIONS OF ABNORMAL HUMAN NATURE—RIGHT
METHODS OF TREATING DISEASES—THE INFLUX OF
LIFE.

By WALTER DE VOE.

There is only one thing that will heal you and that is the Divine Life which expresses through your personal spirit. There are three means of uncovering this presence of life, namely, soul realization, mental denials and affirmations and physical cleansing and stimulus. No one can be healed unless he fulfills the laws of health. Divine life is pledged by Omnipotence, that is, by the very necessity of its being, to make and keep everything perfect that fulfills its laws. But as man is a being living every moment of his present life on three planes and as he has three bodies related to these three states of existence, he must fulfill the laws of his physical nature, his spiritual nature and his divine nature if he would be physically, mentally and morally perfect. It is not enough to fulfill spiritual and moral laws to the neglect of physical conditions. Life demands perfect conditions and then it rewards with perfect peace, perfect activity and perfect health.

The question is often asked, "Why does not the superior power of the mind control and harmonize certain chronic physical conditions?" I answer that those sluggish conditions must be made active by physical means in order that the atoms may be polarized to new har-

mony and health. When physical conditions become inert and stagnant they do not respond to the ordering and harmonizing power of life, and exercise, baths and massage must be brought to bear to stimulate activity of the atoms. Place some iron filings on a sheet of paper over a magnet and tap the paper gently so that the filings will be kept in motion and in a few moments you will see an image of the magnetic currents made visible in the arrangement of the filings. But the magnet does not compel the filings to form themselves into an orderly pattern unless they are in motion. Like the magnet under the paper, the spirit of life in man has the power to produce an orderly design or pattern of itself in a perfect form of physical atoms if the polarizing power is kept positive in relation to physical atoms, and the atoms are kept active. But life does not exhibit its image of perfection in the flesh when physical atoms are allowed to become inert and unresponsive, as by lack of exercise, overeating and suppression of activity, either by medicine or thought force. A great many of life's efforts to cleanse the temple are misunderstood and suppressed by drugs or thought, with the result that morbid and irritating mat-

ter is kept in the body which should be cast out. Life always has a wholesome motive in all its acute physical disturbances. This motive must be understood that life's cleansing efforts may not be thwarted.

It often occurs among New Thought and Christian Science students alike, that there is a recurrence of a condition which was "cured" years back, and sometimes our most enthusiastic teachers of the power of mind "pass out" during these critical times. A lady wrote to me from California that Dr. Evans had healed her of a cancer twelve years previously, that she had been in splendid health until the recent recurrence of the same disease, which she now wanted cured again; western healers had failed—would I cure her? I tried to explain that now it would be necessary to fulfill those physical conditions which she had neglected in the passing years, the result of which was that while her spirit was soaring in beautiful realms of thought her unexercised and overfed body was storing up morbid, sluggish matter which had become the soil for the growth of destructive germs; that if she would fulfill physical as well as spiritual laws she would be healed and remain in perfect health. She was greatly disappointed in my doctrine and wrote that she thought it would be inconsistent for her to pay any attention to the body when the Spirit could do all things for her. Of course, not being willing to fulfill the conditions for a healthy physical body she lost it.

These recurrences of diseased conditions have been so frequent of late among prominent workers that the students of healing must soon wake up and see that while thought is a powerful factor in healing it is not all the factors in the problem of physical well-being.

When everything else has failed to heal, the quickening that the soul obtains from the understanding of divine truth or the stimulation of will power, ambition, or the freeing from worry or fear, is just the thing that produces a marvelous physical as well as mental transformation. The patient already referred to followed the way of spiritual thought, neglecting physical duties until the body and mind were so far divorced that when disease recurred it was the body and not the mind that needed to be aroused and awakened to new activity.

In the several years I have practiced spiritual healing, I have kept my mind open to see its limitations, or, I would better say, the limitations of abnormal human nature, to the influx of life. I am now convinced that there are no incurable diseases if the proper conditions, physical and spiritual, are made. I soon learned in my practice that certain temperaments could be healed much quicker by physical means than by mental because even if the original causes of their condition had been mental the present sluggish state of the body demanded physical activity. Of course, I specialize in teaching and awakening the spiritual nature in all cases but where both mind and body fail to respond to spiritual stimulus there is still hope of a cure by meeting and dealing with conditions on their own plane of life.

To illustrate a few limitations which all healers meet in their practice: In uric acid poisoning the alkaline juices and alkaline salts of vegetables and fruits neutralized the poison and healed where spiritual thought seemed to have no effect. The injection of warm water with an ear syringe relieved deafness immediately that had failed to respond to mental treatments, because it removed the cause, which was hardened wax.

The addition of bran or crushed flaxseed to the diet in combination with vigorous daily exercise of the abdominal muscles, restored the normal activity which overcame chronic constipation, without special mental effort. In some cases conditions had become so sluggish that the only form of suggestion that would stir the sympathetic nervous system to action was the frequent application of cold water to the spine, vital center and abdomen. Where patients had lived and toiled indoors they needed to know not only the Sun of Righteousness but the electric sun as well, and in-breathe deeply and frequently of its vital force that nerve depressing poisons might be transformed or consumed. Where as a result of accident or weakness the spine had become deformed and the nerve currents were obstructed by bone pressure, osteopathic manipulation in the general run of cases would produce the quickest and most certain results, although I have had instantaneous demonstrations in certain susceptible patients through mental treatment. O, if all could only respond as do these wonderful cases of instantaneous healing!

I would much rather write of the power of the human spirit to overcome than to write of mortal limitations, nor would I write anything with the intention of clouding faith. There is no

more beautiful sight than the enthusiastic faith of the patients or students who have demonstrated over some chronic condition, as they go forth expecting to demonstrate over all false conditions with this new realization of the Presence of Life. But soon they are not concerned with their successes so much as with their failures. And to these I would say that in the School of Experience you will need faith, great faith, plus a knowledge of life's methods in restoring physiological harmony.

I would not urge the study of abnormal anatomy or pathology, nor the consideration of the methods of cure (?) by drug suppression and body mutilation. These are materialistic superstitions of modern medicine. But I would have the student understand that science of healing which includes all *natural means*—fasting, diet, cold water applications, the inbreathing and absorption of sun and earth radiance, massage, exercise—all physical means that tend to quicken physical activity and eliminate emotional, drug and food poisons from the system. These means can be used consistently with our faith because they more quickly help us to see that faith manifest in health of body and mind. And what is that great, all-embracing Faith? *The Presence of Omnipotent Life heals when its conditions are fulfilled.*

Affirmation.

By Lois Fox.

Great God of love and endless Power
Be with us in this silent hour!
Grant when we lift our thoughts above,
That we may feel thy perfect love.

Let all our affirmations be
One mind that keeps us close to thee;
Let love and truth our hearts combine
And know that we are wholly thine.

The Psychology of the Solar Plexus.

THE RECEIVING STATION OF THE HUMAN SYSTEM
—WAR BETWEEN REASON AND INTUITION—DISAP-
POINTMENTS IN LOVE AND THEIR EFFECT ON THE
SOLAR CENTER—HOW TO CONTROL AND VITALIZE
THE BODY.

By JULIA SETON SEARS, M. D.

PART II.



The solar plexus is the home of the ego, or the divine man; it is the subjective side of mind, the point in the human body where man's mind is linked with the Cosmic mind, and through it the finite

is forever connected with the Infinite reservoir of Creative spiritual energy.

The solar plexus system presides over all the subjective side of the self; it is the source of all sensation, nutrition, joy, hate, love, fear, emotion, feeling, imagination, concentration, inspiration, revelation; it controls circulation, expulsion, respiration—in fact, all sub-conscious or psychic phenomena of the body.

All the constructive rebuilding impulses of life come to us through the solar plexus; all the diverse destructive forces in life reach us through the physical brain with its idea centers and its system of motor response to sensory stimulus.

The solar plexus is the seat in the body where all the great magnetic, electric and radiant currents of the uni-

verse enter and are localized; the brain is the receiving station through which both energies are expressed, and the body is the tale-bearer that hangs upon itself the signals of which center is lord in the life.

There is always this positive and negative polarization of energy going on within every human being. We all know the war which goes on within us between what we call our "reason" and our "intuition." The mind is always open to ten thousand suggestions which are coming to it from the external side of consciousness, and just as often we are forced to turn back into the silences of mind, and there study deeply our hidden impulses.

Again and again we find that deep within our consciousness some still small voice tells us a story of Divine Selfhood, and whispers to us of powers which we never find or know, while we are living by the common law of the external mind. The prophets and mystics of old sang ever of their center of Divine influx: "Oh, God, in the tumult of thoughts within me, thy comforts delight my soul."

The Hebrews ascribe to the reins, knowledge, joy, pain, pleasure. It is written, "God upbraids the Jews for

having Him in their mouths but not in their reins." The psalmists say, "His reins instructed him;" "for righteous God trieth the heart and the reins;" "my reins instruct me in the night seasons"—these giving the clue to all visions and prophecies—and today we know clearly what these men of old vaguely hinted, for the "reins" are simply the solar plexus center of the body.

We are all familiar with the umbilical cord of the new-born child; it is the cord between it and its supply while it is in its unfoldment stage, and this cord on the external plane stands simply as a symbol of other subjective planes—"as above so below." Those who can see the finer etheric bodies, can easily see an etheric cord passing from each individual, connecting him with the finer currents of the universe; it is always present while one is alive on this plane, and as long as it is not disassociated, resuscitation of those who appear to be dead can take place.

Over this cord there is continually passing in and out through the reins the impulses we call life. All sight, hearing, feeling, emotion, all subjective sensations are the product of the activity of these currents acting upon the solar plexus brain and nerves, and through this to the physical brain and nerves.

There is but one sense, but this is differentiated by the physical centers into touch, sight, seeing, taste and smell. Sound comes to us through the solar center, and the nervous system register it in the localized hearing centers. There are individuals so developed that they can hear with other parts of their body as well as with their ears; the ears with their fine nervous arrangement, are used simply to correlate sound, and prevent the expansion of tone.

Sight is the same; when one is sufficiently alive in his solar center, he has

clairvoyance and cosmovoyance; he can see through space; people have been known to tell what was going on in different cities, seeing as plainly as if they were there; the optic centers are only fine arrangements of nerves by which one may correlate and localize his vision for physical objective use, and when he knows the finer relationships of Self, he projects and expands his vision or lessens it at will.

When the physical body is deprived of its normal influx of finer etheric energy by a break in the relationships of the solar plexus and cerebro spinal brain systems, the body takes on every form of disease; perhaps the most common one is known as anemia. There is a gradual running down in strength; how often a patient says: "I began to run down in strength, lost my appetite, grew nervous and could not sleep." This is the first signal of a break in psychological mechanism, and the end of this natural irregularity is often pernicious enemia which for all time has baffled every attempt at control by the medical world.

What the race calls the love energy is localized in the solar plexus. Any disappointment in love reacts upon the body through the exaggerated functions of the solar plexus center and the sympathetic nervous system. One has only to recall the quick declines following a great disappointment. Heart disease and quick consumption are well known expressions. All the sympathetic centers are so closely and carefully attuned that heart disease, heart failure, angina pectoris, and all subjective heart symptoms are the great product of abnormal solar functioning, and through the cardiac centers the heart responds, the mind and emotions of the individual setting up the abnormal vibratory law. It is well known by all mystics that kidney troubles of all kinds are the physical re-

sponse to abnormal sensory stimulus, brought on through great emotional repression or expression, such as excess in sympathy, love, passion, drink, or repression; often it is the result of carrying a secret for years. Psychical repression of all kinds brings about abnormal renal functioning, and this is not hard to explain when one remembers that the suprarenal capsules of the kidney are supplied in a wonderful way by the sympathetic nerves; the scientists themselves say the branches of these plexuses are remarkable for their large size in comparison with the organ they supply.

Neurasthenia, the great American disorder, is simply the over-activity of the cerebro-spinal system of nerves and physical brain centers. *Psychasthenia*, is the result of hyper-activity of the solar plexus brain, brought about by loss of control of the thought centers of the physical brain, allowing feeling to over-excite the solar plexus brain, and through congestion of this center, flood the system with an excess of electro-radiant energy which cannot be taken care of by the physical cell centers.

Both of these diseases will be cured when doctors and patients learn the true relationships of the centers of mind and body, and establish by thought and breath, the true relationship, not allowing the system to be driven on by a wild explosion of electrical force.

Constipation is another American disease, and its cause and cure is in the solar center; there is no longer any excuse to continue with this limitation, if we will follow the law of our own being and vitalize and electrify our body.

In the normal individual the solar center is receiving a continuous influx of energy, coming to it from without, passing in through the solar cord as the receptive or negative breath, and through the lungs as the creative positive breath; this energy passes into the solar plexus through etheric waves coming from the sun, then from it over the nerves of the solar ganglion to the external nervous system of the spinal cord, then to the pineal gland, then to the brain.

The pineal gland is the central point in the human brain where this energy is localized or controlled and sent out as needed at the call of the physical cells; it is always passing out in a quantity sufficient to energize, vitalize and etherealize the flesh when the relationship is normal; but when it is broken, through diseases of the mind and lack of correlation of the idea centers, the control is lost, the regulating power ceases, and a vicious cycle takes the place; a diseased nervous system is the result.

(To be Continued.)

Copyright 1910 by Julia Seton Sears, M. D. All rights reserved.

Revelation.

BY ALDIS DUNBAR.

As under storm-black clouds I turn to sleep
 A little space—and wake to cloudless dawn,—
 After an Hour of Silence, calm and deep,
 All gloom that veiled my heart from joy—is gone!

How To Teach Without Friction.

MEN AND WOMEN WHO WIELD THE GREATEST INFLUENCE—MASTERING STRONG PASSIONS—OVERCOMING OUTBURSTS OF TEMPER—THE MAN WITHOUT A GRIEVANCE—THE VALUE OF SPONTANEITY.

By KATHERINE QUINN.

PART II.



It is when we come to the question of government that our new thought principles are called into requisition, for even life in the school room will not be a pleasant one unless she has also a government. I once heard an educator open his address to a body of teachers with this paraphrase of the Scriptural injunction: Though you speak with the tongues of men and angels and have not government you are as sounding brass or a tinkling cymbal; and though you have faith enough to move mountains and though you would give your body to be burned, if you have not government it shall avail you naught.

All control is based upon self-control; in fact, at bottom there is only one kind of control, since all other kinds are included in this and without this there can be no other.

Think of the men and women of your acquaintance who have wielded the greatest influence over their fellows.

Were they not persons who had run the whole gamut of human emotion and emerged from the race masters of themselves and of their feelings? Were they not persons who looked upon their self-control as their most priceless possession? Did they not guard it as the apple of their eye? Were they not willing to sacrifice everything rather than lose it? I am sure you will answer yes.

Who were the great religious leaders but the men who ever kept their bodies under, or in modern improved phraseology, "kept their souls on top?" Who were the great intellectual leaders but the men who loved Truth with a passion which brooked no rival? Who were the great social leaders but the women whose poise and tact were impregnable?

And even in private relations who are the persons who win the greatest love and esteem? They are the ones who have mastered self, who have so mortified the tenons of their souls that they cannot be shaken by the hand of circumstance.

This point was brought out very strikingly in the play which Ellen Terry used on her last visit to this country. As Lady Cicely, she had brought about the conversion of Captain Brassbound, a notorious pirate, but in winning him

from his evil ways she had unintentionally won his heart. He makes his plea to her and is refused; he asks her if some other suitor is more favored than he, and she tells him no; then he asks her what is the secret of her wonderful influence over men and she replies that it is her immovability. This magnificent poise is neither coldness nor vacuity. It results not from lack of feeling, but from control of feeling, and it never exists in its fullness except in the man or woman of strong passions and great emotional endowment; but the passions must be mastered and feeling taught to obey the dictates of reason and will.

The Bible tells us that he that ruleth his spirit is greater than he that taketh a city, from which we may infer that ruling a spirit is no insignificant task.

Very few of us have sufficient insight to appreciate the beauty of self-control until we have experienced the pain which results from lack of control. Had I not been endowed by nature with an extremely sensitive nervous organization, I might never have seen the necessity for getting rid of the friction which is the bane of so many school rooms. But I found that after every encounter with my pupils I was not only shaken in mind but disturbed in body. I found that fearful headaches followed my outbursts of temper and that whenever I became very much wrought up over something it required hours, and sometimes days, to recover my equilibrium. And I did so want to be calm and sweet! I wanted my mind to be such a mechanism as life might play harmonies on instead of jangling discords. And I knew every discord delayed the harmony and impaired the instrument.

Of course, at that time I supposed my indignation was always just. It never occurred to me that I was in any way

to blame for the trouble in my school room. But I was so tired of the friction that I resolved to get rid of it once and forever, even though the process involved the sacrifice of my pride. Formerly I had tried to guard myself against everything except "righteous indignation," but in the height of my enthusiasm I resolved to forego *all* indignation, righteous or otherwise.

My case was like this: There were little vulnerable spots throughout my mental and moral makeup and every time my pupils touched me in those spots I writhed with pain. I had been educated in a private school where we were accustomed to treat our teachers with the greatest reverence and devotion, and I was all the while resenting the fact that my pupils (who had been trained in the ways of public schools) did not show me the little attentions which I had shown my teachers. That was vulnerable spot No. 1.

Then, too, there were certain qualities which I greatly dislike, chief among them being dishonesty and hypocrisy. I detested lies and I fear that in my detestation I did not distinguish between the lie and the liar. It irritated me to have a pupil in my room whom I could not trust, and every time I discovered a bit of underhanded work I was made unhappy thereby.

I had at all times lofty ideas of my work and as I tried to embody them in my everyday relations with my pupils, it almost maddened me to be accused of partiality or injustice.

Finally I reached a state where I saw I must stop getting angry. I was so tired of the shaky, uncomfortable feelings which followed each unpleasant occurrence, that I resolved to throw my grievances to the wind. For the time being I allowed my determination to keep sweet under all circumstances to rule me absolutely. It obsessed my con-

How To Teach Without Friction.

MEN AND WOMEN WHO WIELD THE GREATEST INFLUENCE—MASTERING STRONG PASSIONS—OVERCOMING OUTBURSTS OF TEMPER—THE MAN WITHOUT A GRIEVANCE—THE VALUE OF SPONTANEITY.

By KATHERINE QUINN.

PART II.



It is when we come to the question of government that our new thought principles are called into requisition, for even life in the school room will not be a pleasant one unless she has also a government. I once heard an educator open his address to a body of teachers with this paraphrase of the Scriptural injunction: Though you speak with the tongues of men and angels and have not government you are as sounding brass or a tinkling cymbal; and though you have faith enough to move mountains and though you would give your body to be burned, if you have not government it shall avail you naught.

All control is based upon self-control; in fact, at bottom there is only one kind of control, since all other kinds are included in this and without this there can be no other.

Think of the men and women of your acquaintance who have wielded the greatest influence over their fellows.

Were they not persons who had run the whole gamut of human emotion and emerged from the race masters of themselves and of their feelings? Were they not persons who looked upon their self-control as their most priceless possession? Did they not guard it as the apple of their eye? Were they not willing to sacrifice everything rather than lose it? I am sure you will answer yes.

Who were the great religious leaders but the men who ever kept their bodies under, or in modern improved phraseology, "kept their souls on top?" Who were the great intellectual leaders but the men who loved Truth with a passion which brooked no rival? Who were the great social leaders but the women whose poise and tact were impregnable?

And even in private relations who are the persons who win the greatest love and esteem? They are the ones who have mastered self, who have so mortified the tenons of their souls that they cannot be shaken by the hand of circumstance.

This point was brought out very strikingly in the play which Ellen Terry used on her last visit to this country. As Lady Cicely, she had brought about the conversion of Captain Brassbound, a notorious pirate, but in wining him

from his evil ways she had unintentionally won his heart. He makes his plea to her and is refused; he asks her if some other suitor is more favored than he, and she tells him no; then he asks her what is the secret of her wonderful influence over men and she replies that it is her immovability. This magnificent poise is neither coldness nor vacuity. It results not from lack of feeling, but from control of feeling, and it never exists in its fullness except in the man or woman of strong passions and great emotional endowment; but the passions must be mastered and feeling taught to obey the dictates of reason and will.

The Bible tells us that he that ruleth his spirit is greater than he that taketh a city, from which we may infer that ruling a spirit is no insignificant task.

Very few of us have sufficient insight to appreciate the beauty of self-control until we have experienced the pain which results from lack of control. Had I not been endowed by nature with an extremely sensitive nervous organization, I might never have seen the necessity for getting rid of the friction which is the bane of so many school rooms. But I found that after every encounter with my pupils I was not only shaken in mind but disturbed in body. I found that fearful headaches followed my outbursts of temper and that whenever I became very much wrought up over something it required hours, and sometimes days, to recover my equilibrium. And I did so want to be calm and sweet! I wanted my mind to be such a mechanism as life might play harmonies on instead of jangling discords. And I knew every discord delayed the harmony and impaired the instrument.

Of course, at that time I supposed my indignation was always just. It never occurred to me that I was in any way

to blame for the trouble in my school room. But I was so tired of the friction that I resolved to get rid of it once and forever, even though the process involved the sacrifice of my pride. Formerly I had tried to guard myself against everything except "righteous indignation," but in the height of my enthusiasm I resolved to forego *all* indignation, righteous or otherwise.

My case was like this: There were little vulnerable spots throughout my mental and moral makeup and every time my pupils touched me in those spots I writhed with pain. I had been educated in a private school where we were accustomed to treat our teachers with the greatest reverence and devotion, and I was all the while resenting the fact that my pupils (who had been trained in the ways of public schools) did not show me the little attentions which I had shown my teachers. That was vulnerable spot No. 1.

Then, too, there were certain qualities which I greatly dislike, chief among them being dishonesty and hypocrisy. I detested lies and I fear that in my detestation I did not distinguish between the lie and the liar. It irritated me to have a pupil in my room whom I could not trust, and every time I discovered a bit of underhanded work I was made unhappy thereby.

I had at all times lofty ideas of my work and as I tried to embody them in my everyday relations with my pupils, it almost maddened me to be accused of partiality or injustice.

Finally I reached a state where I saw I must stop getting angry. I was so tired of the shaky, uncomfortable feelings which followed each unpleasant occurrence, that I resolved to throw my grievances to the wind. For the time being I allowed my determination to keep sweet under all circumstances to rule me absolutely. It obsessed my con-

sciousness. My eye became single and in time my whole spirit was filled with light. For previously I had had many masters and my spirit was drawn hither and thither by conflicting desires. Now I acknowledge but one master,—I was consecrated to the gaining of self-control. I said to myself over and over: Nothing matters except keeping calm. I don't care whether my pupils love me or not. I don't care whether they appreciate the efforts I put forth in their behalf. I don't care whether they lie or cheat or steal; these things are outside my control. The only thing that is of importance to me is to see that they do not destroy my peace of mind. They have no power to harm me except as I give them dominion over my consciousness and that I resolve never to do. I shall be calm, I shall be calm, I shall be calm.

It is surprising how the face of nature changes when one has no grievance. Think of it, a man or woman with positively not a single grievance! A man, for instance, who thinks he is getting all he has a right to in the present time and that what he gets in the future will be determined by the use he makes of the present. What a rara

avis such a man would be! For there are many of us in this queer old world who have neither houses nor lands, wives nor children, hearts nor consciences, but you might search far and wide before you found a man who had no grievance.

We all think we are never treated quite fairly in life. Our fathers were too stern, our husbands or wives are not tender enough, the children are ungrateful, and the neighbors do not appreciate us. If we are working, the boss underpays us; if we are employing people, they don't do enough work for the money we give them; if we have relatives they are a nuisance; if we have none, we are to be pitied that we are alone in the world. We levy taxes on all with whom we come in contact; we insist that they shall pay us a certain tribute of love or esteem or admiration, and then we make ourselves miserable trying to collect it. And the pity of it is that the love, esteem, or admiration so obtained could be no earthly pleasure to us if we got it, for the value of such things is dependent on their spontaneity.

(To be Continued.)

"To Work Is To Pray."

BY FLORENS FOLSOM.

Statues have to be carved,
Gold has to be mined,
With hands and feet the wheat we eat
We sow, and reap, and grind.
Out from the Within,
Cutting away the clay
That clogs Within—dense, heavy Sin!—
We make God, more each day.
Were gold loose on the road,
Could Thought the chisel spare,
Sans goad or load, what would have showed
God in us? Work and Prayer
Wash His first "color" bare;
Reveal His Presence, there.

He Loved Fair Play

Tributes to Prof. James.

He has lately warned us much against thinking of truth as a mere abstraction. And indeed it has always been his special gift to see truth incarnate—embodied in the truth-seekers, and to show his own love of truth by listening with appreciation, and by helping the cause of fair play, whenever he found somebody earnestly toiling or suffering or hoping in the pursuit of any genuine ideal of truth

**** Other men talk of liberty of thought; but few men have done more to secure liberty of thought for men who were in need of fair play and of a reasonable hearing than James has done.

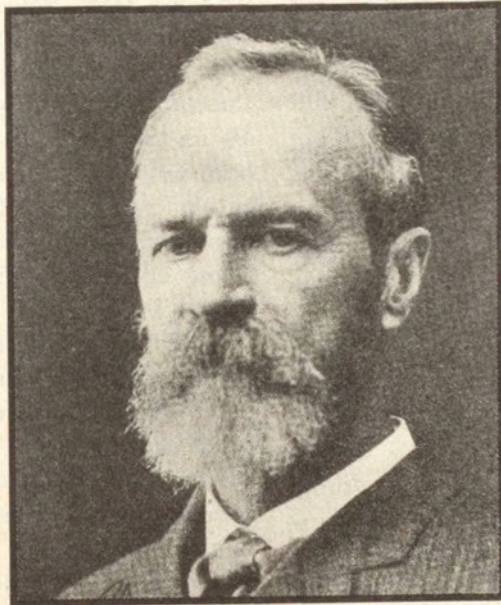
—Josiah Royce.

He devoted no small share of his academic labors to controverting the philosophy of which Josiah Royce is the chief exponent on the Harvard faculty. Yet the two men held each other in the warmest affection and regard—worship is hardly too strong a term. Prof. Royce's appreciation of Prof. James was spoken before the members of the division of philosophy on a happy occasion at Prof. James' house, and is reprinted on this page. What James thought of Prof. Royce (whose philosophy he did not hesitate to call sterile) was shown in a Harvard class room whenever the former professor finished his half-year in the course in metaphysics and bade his pupils

good-by before surrendering them to the man who would spend a half-year in expounding a philosophy which he had been teaching them to regard as a *bete noir*. "I envy you the good time you will have with Prof. Royce," he said to a class on one of these occasions; "he is certainly one of the richest intellects now living in the world." And

James used to say that the greatest pleasure of his life he had one afternoon in listening to a debate between Royce and an intellectual Indian who was visiting this country. The two men agreed on essentials in their philosophies; the debate was a matter of details, and in the subtlety and grace with which the two met each other's objections the philosopher who never wearied of declaring that sensation rather than intellect was the avenue to truth, found what he was willing, in conversation, at any rate, to call the greatest pleasure of his life!

—Springfield
Republican.



WILLIAM JAMES

Nothing is more characteristic of Prof. James's work as a teacher and as a thinker than is his chivalrous fondness for fair play in the warfare and in the co-operation of ideas and of ideals. We all of us profess to love truth. But one of James's especial offices in the service of truth has been the love and protection and encouragement of the truth-seekers. He has done much more than this for the cause of truth; but this at least he has always done.

—Josiah Royce.

William James, educator, author of international fame; America's greatest psychologist. Born January 11, 1842; died August, 1910. Author "Principles of Psychology," "Pragmatism," and many other volumes. His latest public utterance was the suggestive magazine article, "A Moral Equivalent for War."

Your Interest.

By FRED G. KAESSMANN.

That clean-cut, businesslike salesman who faces you knows just what he is about. That is, he does if he knows his business thoroughly. For instance, he knows that he must first attract your attention. He knows, secondly, that he must hold this attention until he fans it into INTEREST.

Which brings me to my subject—INTEREST.

Now YOU cannot derive the best results from your perusal of NEW THOUGHT literature unless you become thoroughly interested.

You must display this interest or fail to benefit to the full extent of the value paid.

Perhaps you think that it for the author to make his work interesting, and so it is. At the same time the fact remains that you will not derive one-hundred-cents-on-the-dollar benefit unless you yourself take more interest than the average reader displays.

You would not think much of a clerk or salesman who failed to display interest in you or his goods when trying to make a sale, yet all that he is trying to do is to get RESULTS.

On the other hand, you would not think highly of yourself if you failed to interest yourself in your purchase.

Now, considering that most of these purchases are wholly insignificant as compared with the value and benefit to

be derived from careful reading, why should not you endeavor to interest yourself in this respect also?

Comes easy, too, this taking interest—once you learn how. To be sure, at first, as was the case with the afterwards famous naturalist, you will be able to see on the fish, as it were, only a body, head and tail. Soon, though, you will be able to see MORE. Yes, things—ideas—will flow to you—easily—readily. Those open flood-gates of interest of yours—invite entry—that's why. Where formerly they lay dormant, now will they be quickened into life, into usefulness. Naturally, you will be the chief beneficiary.

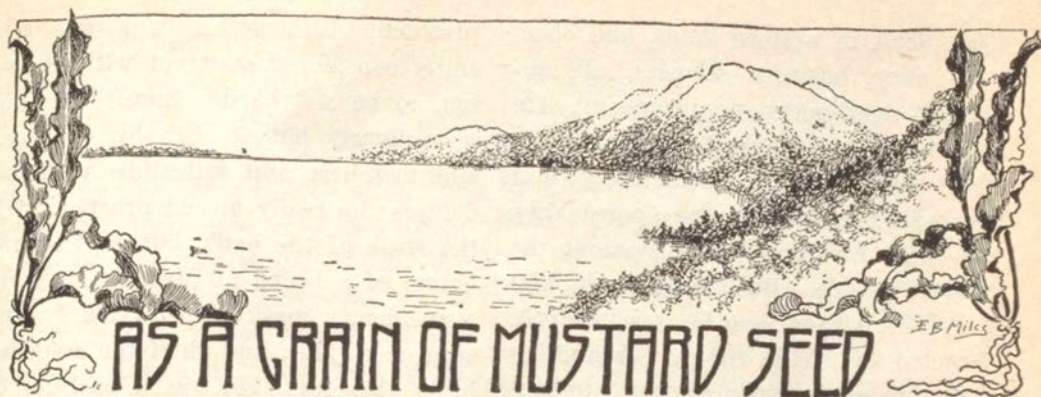
How can this interest be awakened? Precisely as a salesman would endeavor to awaken it in you: By first looking for points—ideas—and then reflecting upon them. By following this course, printed words, instead of merely running through your mind as so much waste, become harnessed, thereby developing BRAIN-POWER. The rest comes easy.

Well, then, get into line. Line up. Show your mettle. It's there. Draw it. Coax,—but get things started. Simple—easily used—these suggestions. Use them. Fan into interest, attention. Then you will be on the way to better things—greater results. And you want RESULTS.

The race advances only by extra achievement of the individual.

YOU are the individual!

—Elizabeth Towne.



By WALLACE D. WATTLES.

CHAPTER I.
A STUNNING BLOW.

The church bells were ringing on a beautiful Sunday morning in June, and along the main street of Linton, the citizens, dressed in their best, were making their way toward the various houses of worship. Billy Stewart, coming out through the gate in front of his mother's cottage, glanced once up the street, and once down; and then he hurried through the nearest alley, seeking a less frequented thoroughfare. It was strange behavior for a young man who had come home on the previous day from college, having graduated with honors; he was not going to church, and he could not bear to meet his friends, receive their congratulations, and answer their questions. For in the very hour of his triumph the greatest trouble of his life had fallen upon him, and every hope he had cherished was blasted; he was dazed and benumbed by the shock, and he wanted to be alone.

His father had been a photographer of Linton, and had added something to his meager income by literary work. Five years before he had passed out of the flesh, leaving his family almost without means of support, and with a mortgage upon the little home. He had carried a small life insurance, and this he

solemnly charged his wife to use in giving Billy a college training; it was his dearest hope that the boy might take to literature, and rise to the fame and fortune which he himself had failed to attain. "Let the mortgage go" he said to his wife, "they will not press you for the payment of it. My insurance will keep you and Nellie for five years, and pay Billy's expenses besides; and he can soon pay off the mortgage after he graduates." And she had faith—fully executed his wishes; the boy had been dispatched to one of the best institutions of learning, and Nellie, the daughter, two years younger than her brother, had upon coming out of high school obtained a position in one of the banks of Linton; and by the mother's skillful management they had lived nicely until Billy's graduation. And upon coming home that Saturday evening, full of high hopes and ambitious plans for their future, the young fellow had been met by the stunning information that his sister was an embezzler to the amount of ten thousand dollars, and was in imminent danger of a long term in the penitentiary.

It had come out in this way: About a year before, a brilliant young fellow named Gaylor had appeared in the town, coming no one knew whence. He had opened a real estate and insurance

office, dealt in western lands, and operated many business schemes, all apparently legitimate and promising. He had won, to some extent, the confidence of the solid men of the community; and his bright and engaging personality soon made him many friends among the younger people. Business brought him to Packett's bank, and he was instantly attracted by Nellie Stewart, beginning at once to pay especial attention to her; she fell deeply in love with him, and in a few months they became engaged. All went well until about two months before Billy's graduation; and then Gaylor came to Nellie one evening, apparently in great distress. He explained that by the failure of parties in whom he had trusted, he was short ten thousand dollars which must be paid before noon on the following day, or an investment in which he had placed his whole capital would suffer absolute shipwreck; and that, while he had perfect assurance of getting the money forty-eight hours later, it would not come in time to save him. All the details need not be given here; his story was plausible, and he presented documents and letters which seemed ample proof; and he asked his betrothed wife to save him by secretly "borrowing" the required amount from the reserve funds of Packett's bank, in the certainty that the money could be returned before the "loan" was discovered. And she, believing and trusting, and loving him as her own soul, did as he asked her.

That night he disappeared; and by guarded inquiry she learned that he had secretly made full preparations for going. No one knew whither he had gone, and no word came from him; and after a week of such agony as few women may endure and live, she went to her employer and confessed all, expecting instant arrest. Mr. Jason Packett,

president of Packett's bank, was generally considered, and not without reason, to be a "hard" man. He was scrupulously honest with his creditors, and merciless and inflexible with his debtors; he really owned practically all the stock of the bank, but kept up the fiction of a board of directors so as to conveniently mask some of his foreclosure operations, and shift the responsibility therefor. He was a bachelor of fifty, and appeared to have but one aim in life, and that the accumulation of money. Knowing him, Nellie did not hope for mercy; and she was greatly surprised when, after listening with an impassive face to her story, he said:

"Write out everything exactly as you have told it to me, and I will call in Lambert; you may sign and swear to it before him, and he can put on his notarial seal; he need not know what is in the paper. Then I will put the confession in my safe, and I will give you and your family one year in which to find Gaylor and get back my money. If you do that, I'll burn the paper and keep the secret. And if you don't get me the money by a year from today," he paused for an instant, and seemed to master his rage with difficulty, "I'll take the confession into court, and send you to the penitentiary for twenty years! You must have the money here before the bank closes on the tenth of next April, or up you go! Mark that, for I mean it," and she knew that he did. She told her mother, now; and for fear of endangering Billy's graduation the two women resolved to keep the matter secret until he came home. And so upon his arrival Mrs. Stewart had with great tenderness detailed to him the whole terrible story. And that was why, on this pleasant Sunday morning, the stalwart young fellow was plunging blindly along the back streets, avoiding

everybody and intent only on getting where he might be quite alone.

CHAPTER II.

Presently he found the place he sought; the shade of a great oak which stood in an open field, a little beyond the outskirts of the town. There was no one in sight, and he threw himself on the grass with a sigh of relief; and as he did so, the full consciousness of the horror of the situation seemed to come upon him for the first time, and he covered his face with his hands and burst into tears.

"Nellie!" he sobbed, "Nellie, my playmate, my dear little sister, to go to prison? Oh, my God, my God." And for some time his emotion was uncontrollable. Then he grew calmer, and sitting up with his back against the tree, began to try to think of a way out of the difficulty. He thought of instituting a search for Gaylor, and dismissed the idea almost as soon as it came to him. No one knew anything of the fellow's past history; he had left the town without leaving a trace of the way he had gone, and with his two months' start Billy felt that pursuit was useless. And whatever search was made must be carried on secretly, for the knowledge of Nellie's mistake—he would call it by no worse name—must not be made public; once the matter became known, he knew the officers of the law would be in duty bound to arrest the girl, and Packett could not shield her, even if he should be disposed to do so. The course the banker had taken in the matter was puzzling at best; the granting of the year of grace was not at all like Packett, and Billy could not understand why he had not at once clapped Nellie into jail and started a hue-and-cry after Gaylor. The young man suspected some hidden motive; but as to what it might be, he could

form no conjecture which seemed even reasonable.

"Oh, if they had only telegraphed me on the very next day after Gaylor left," he muttered, "I might have traced him; but it is too late now. There is only one way; I must raise the money myself!" And he laughed bitterly at the thought. All their possessions would bring but a few hundred dollars more than enough to pay off the mortgage on the cottage; and how should he, a penniless young fellow, raise ten thousand dollars within a year; or, to be exact, within ten months? Certainly, the case was hopeless. Nellie was lost! There was nothing of blame or reproach in his thoughts of his sister; only a great tenderness and pity as he thought of her haggard face, and of the sorrowful eyes which told of her days and nights of suffering. And then he thought of his mother.

"Oh," he cried aloud, "if I only had her faith! How *can* she feel so calm, and so assured that everything will come out right?"

He recalled how, on the previous evening, she sat with his hand in hers, and with Nellie's head in her lap; and she had talked quietly, brightly, and with perfect assurance of their future, and of the time when all their difficulties should be overcome. She had declared that Nellie would be saved from prison and from public disgrace; and she had said it with such unfaltering confidence that he had marveled at her, knowing that her faith was genuine. He sat thinking for a long time, and at last rose with a sigh, and turned his face toward the town.

"It looks mighty dark to me," he said, "I guess it's up to mother to pull us through, if we make it." And he went slowly home.

Arriving there, he found his mother sitting by the window, reading one of her favorite "New Thought" books; she looked up as he entered, and he mar-

veled again at the peace and brightness of her welcoming smile. She was forty-five, but her dark hair was without a thread of gray, and her face and form were those of a very handsome woman of thirty. Nellie sat on a sofa near her mother; and Billy's first act on coming into the room was to take the girl's pale face between his hands and kiss her; then he sat down beside her, with his arm around her waist. Not a word of reproof had been spoken to the girl by either her mother or brother; she had met with only increased tenderness from both of them. This made her burden easier to bear, but still it was almost beyond her strength; and her white face and heavy eyes bore eloquent testimony to the keenness of her sorrow.

"Mother," said Billy, "I've come to you to be braced up. Increase my faith, and tell me how to go to work to get us out of the scrape we are in."

"Billy," she said, "why do you consider the situation so hopeless?"

"Well, we have ten thousand dollars to raise within ten months; doesn't that look hopeless?"

"Did you ever know of one making a similar amount of money in the same time, Billy?"

"Sure! And much more. Tom Bartlett's brother was down from New York at commencement, and I met him; he has made nearly two thousand dollars a week for six months on the royalties of his play, 'Mr. McGoogin.' It must have paid him thirty thousand dollars clear of everything."

"You say you met him, Billy? Now, is his head five times as large as yours?"

"No, mother; he tried on my hat, and went into it, ears and all."

"Ah! And is his conversation five times as brilliant and profound as yours? Has he five times your education and attainments?"

"No. He's just a mighty plain, common-appearing, good fellow."

"Billy, is there anything in him which is not in you?"

"I don't think there is, mother; no there can't be. You have told me, often enough, that we are all made of the same stuff, and have the same powers and possibilities; and I know that it is true. But of course there are differences in development."

"Well, Billy, you and this young man have had substantially the same training, and at the same school; do you believe that his literary talent has been developed vastly beyond your own?"

"No, mother."

"There is something in this young man, which, applied to the work of writing plays, has made him thirty thousand dollars in six months; you admit that that same something is in you, and that you have the power to apply it in the same way, and yet you believe that it is quite impossible for you to make ten thousand dollars in ten months?"

CHAPTER III.

SOME QUESTIONS IN SCIENCE.

For some moments Billy sat in silence, staring at the floor and considering his mother's last remark; then he struck his fist heavily upon his knee, and looked up at her with the light of a new conviction in his face.

"You are right, mother," said he. "Bartlett told me he only worked four months on his play; I can write a successful play in three months, and I will! Then I shall still have time to market it; although he may have had the best of me there, for he no doubt has influential friends to push his work upon the consideration of theatrical managers."

"Well, so have you, Billy," said his mother, quietly.

"Have I? Who are they, mother dear?"

"There is an Infinite Friend," she said, "who is able and willing to impress managers favorably in regard to your work. This friend is that Great Intelligence, who is in all, and through all, moving ever toward more life to all. The Supreme mind, Billy, can inspire you with the right words to put into your play; can bring you to the person who will buy it, and can impress that person to examine and consider it carefully. The most powerful of all influences is always at your service, and at the service of every person who desires to advance into larger life."

"I believe in a Supreme," said Billy, "but He—or It—seems rather vague and unreal to me. And I believe that He could impress other people favorably for me; He must be able to do that, if He has any power at all. But how may I be sure that He is willing to do so?"

"You say that you believe He can give to others a favorable impression of you and your work; now can He do that unless you have first given *Him* a favorable impression?"

"Eh?" said Billy.

"The Supreme can give to others," said Mrs. Stewart quietly, "only what we have impressed upon It; and remember that the impression is made upon the Supreme by faith alone. If you have faith in yourself and your work, Billy, that faith will be transmitted to the Supreme and as the Supreme is in contact with all, faith in you and your work will be transmitted to all. You can have faith in yourself when you know that your mental power is unlimited, and that you intend to use it rightly; and you can have faith in your work if you know that it is well done, and that it will make for good to all who are affected by it."

"But how can I make this Supreme

power take notice of me, or of my work?"

"Nothing can be either great or small to the Supreme; and being in all, He must take notice of all. And His purpose, as revealed to us in evolution, and in all His works, is the continuous advancement of life into larger and more complete living. The earth is formed to promote more abundant living in all and by all. Life itself is the Supreme, moving toward fuller expression, which means more complete life. So you can see, Billy, that when we begin to move forward, the mightiest of all forces is with us and for us, and we cannot fail."

"But mother, there are many reformers who are honestly working to give more abundant life to all; and they fail, or seem to. How do you account for that?"

"You speak wisely, Billy, when you say they *seem* to fail; no effort toward the good is ever really lost. But there are many reformers who do not accomplish as much as they wish because they try to confine the Supreme to some particular channel; they wish to have Him throw Himself into their 'movement,' to the exclusion of all others. And we need to get rid of the notion that those we call reformers are in some special sense servants of God. Often, they are merely officious meddlers who are actuated by prejudice. There is really but one way to serve God, and that is by living a full and complete life. God is life; and we can serve life only by living."

"Mother, you have been practicing all this for five years or more; tell us why this trouble has come upon us? Hasn't your philosophy failed you?"

"Not at all. No trouble has come upon us, unless we make trouble of it. Every action produces a reaction; and as we begin to move forward, the reaction from our own movement causes

what appear to be opposing powers to array themselves against us. But these forces, no matter how tremendous they may seem, are only appearances, for there is really only one force; and that

is the will of the Supreme. When we hold steadily to this truth, and move forward, all opposition must disappear."

(To be Continued.)

The Mystery of Science—Carbon.

WHAT CARBON IS—DISSOLVING A DIAMOND TO PRODUCE A GLASS OF SODA WATER—WHERE THERE ARE HAIL STORMS OF DIAMONDS—THE CARBON ATOM AND THE TETRAHEDRAL FORM.

By EDGAR LUCIEN LARKIN.



Chemists have given a carbon cast to the universe.

Carbon exists pure in diamond and soot; in lovely jewels and smoke; in flashing gems and lampblack; in white hot suns glowing in space, and in the human

brain; in the solid globe—the earth and in all plants and animals. Readers, by strenuous mental effort of recall, or introspection, may summon from their brain cells involved in the faculty of mind called memory, a faint impression that I attended a great session of the British Association for the Advancement of Science held in Winnipeg, Manitoba, in August, 1909. See *The Nautilus*, November, 1909, page 34. Radiation, radium, helium and electrons were subjects of that article; carbon and its mysteries of this.

The association—the chief scientific body in Europe held its 79th session in Winnipeg. It is divided into sections, lettered from A to L, and these are de-

voted to as many different sciences. I attended Section A. Mathematics, Astronomy, General Physics, Cosmical Physics and Electricity and found severe mental work enough in writing up proceedings in this one section.

At the same time they were analyzing every department of Nature within range of human scrutiny, in all the other sections. A huge book came up to this mountain peak last week. It is worth its weight in carbon of the diamond form, because it contains what was presented in all the departments, that is, this volume contains the height of science up to September 2, 1909.

These annals are translated into many languages.

THE MYSTERY AROUND AND ABOUT CARBON.

You may purchase equal quantities of carbon for five cents or a million dollars. A bargain hunter might invest a nickel and get a package of pure lampblack: the million would secure a blazing diamond, easily turned into lampblack; not so easily—intense heat would be required. However, coal and wood are really more valuable than diamonds—they surrender life giving

heat, while the only use so far discovered for diamonds is to cut glass, and for this carborundum is a good substitute.

All diamonds in existence could be annihilated without loss to mankind. But then, to vaporize diamonds would be costly, as the enormous heat of 12,632 degrees F., in the concentration of an electric furnace would be required, and then you might get enough graphite to make a "lead" pencil or a little fine stove polish.

Combine a diamond with oxygen in carbon dioxide, and you may secure gas sufficient for a glass of "soda" water. Burn wood and you obtain charcoal; coal, and coke may be had; an animal, and animal charcoal may be obtained. Plants, animals and diamonds are carbon, but uncombined only in the diamond. Breathe carbonic oxide, and in the lungs, it will displace oxygen in the blood and quickly bring on death. An atom of carbon is twelve times greater in weight than an atom of hydrogen.

A HAILSTORM OF DIAMONDS ON THE SUN.

The terrific heat of the sun turns carbon to gas which rises through the dense vapors around the solar globe into cooler regions. Then liquid drops, and possibly solid, condense and fall back as a rain or hailstorm of possibly diamonds, for the spectroscope reveals enormous quantities of carbon in that wild and turbulent envelope of our star, the sun, the seething carbon photosphere.

While I was listening to Thomson, Rutherford and the German scientists in Section A, Professor H. E. Armstrong was delivering the presidential address in Section B—Chemistry, and this is now in the book up here. Unheard of mysteries are brought to the gaze of man from the depths of the uni-

verse by the refinements of modern chemistry. My assertion made last year that nothing exists but electrons is here repeated and emphasized. Also the assertion then made that electrons know what to do to hold matter. Armstrong's address is the summit of the science of chemistry to date. He said: "The central luminary of chemistry, let me insist, is the element carbon. The constancy of this element—the firmness of its affections and affinities—distinguish it from all others. It is remarkable how much our conceptions are now guided by geometrical considerations. The completeness with which the fundamental properties of the carbon atom are symbolized by a regular tetrahedron being altogether astounding. Our present conception is that the carbon atom has tetrahedral properties in the sense that it has poor affinities which operate practically in the direction of the four radii proceeding from the center towards the four solid angles of a regular tetrahedron."

And this: "Nothing is more surprising than the completeness with which the vast array of facts included in organic chemistry may be ordered by reference to the tetrahedral form."

From this the structure of matter is based on the geometric tetrahedron, organic as well as the inanimate, unconscious inorganic. This from the president of a section in the B. A. A. S. But a geometer, Mr. Philip W. Thomson, here in Los Angeles, has literally proved this statement to be true, by building these identical geometric forms. He proved that the universe rests upon a tetrahedral base; while Armstrong asserts that the activities of the atom of carbon are tetrahedral. Thomson made many thousands of wooden tetrahedra, three-fourths inch base, and one and one-fourth inch altitude. See these

wonders. These are exactly alike except the inclinations of their bases. Thus set a negative tetrahedron on its base and it will incline slightly toward the left, while the positive leans equally to the right. These simple little tetrahedra have illimitable geometric possibilities and powers. Every crystal in nature, every geometric form in the highest regions of mathematics known, and some hitherto unknown, are rapidly formed in space before one's wondering eyes, by the skillful hands of Thomson. Curves, spiral and other forms that tax the highest analytical geometry to full capacity are now being elaborated by him.

A tetrahedron has four sides all triangles, four apexes or sharp corners, and six edges all straight lines. Now the carbon atoms behave as if activity radiates from the center, out through the four apexes.

And mystery deepens. What titanic force emerges from these four corners to bind atoms of carbon into the hardest body known—the diamond; and why does not this force act between loose atoms of carbon in lampblack? The entire problem of electronic activity is involved here; since the atoms of carbon and all others in existence by

hypothesis are made of electrons, and these of electricity.

Thus the universe appears to have a tetrahedral carbon cast. Here is another mystery of carbon: its sphere (atomic) is just four times that of the hydrogen atom. All atoms are surrounded by influence or power, or force, to a certain radius. This force is unconquerable—that is no two atoms can touch. The unit of chemical and physical measurement is the atom of hydrogen: but carbon atoms possess four times the stored energy in their concentric spheres of activity. And hydrogen, like carbon, is almost omnipresent, as it is seen in the spectroscope to be in Nebulas and suns and it is in plants and animals, in brain and nerves.

In closing, I see danger. Were I writing this for the Journal of Chemistry, I might find it safe to say that no science exists but chemistry, and that all others are mere branches thereof. Were I writing for the Electrical Journals, I would feel obliged to say: Electricity is the only science, and all human wisdom is centered therein. But the *Nautilus* is a kind of physiological magazine. So without alarm, I here write: MENTONOMY—the Law of the Mind, is the only real science, and all others minute stems and branches.

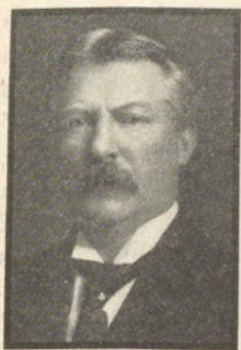
There are few who succeed because there are few who think. It is the thinkers who have the most ambition, the most enthusiasm, the most energy, the most power and are the most willing to learn. It is the thinkers who solve the problems of the world and receive the world's reward. Think out your problems carefully, let your ambition supply the enthusiasm which in action becomes energy and you will have the power to overcome the hundred hindering trifles which hang on the coat tails of every undertaking. To think in the right way requires training. You must control and centralize your thoughts and develop your capacity.

—Harold A. Holmes.

✠ Men and Women Who Are ✠ Helping the World Along ✠

RALPH PETERS

BY CHESTER DE WOGRAM.



Ralph Peters

When a man who has engaged in railroading and interurban transportation all his life, suddenly takes up a new idea he is likely to take it up hard. That is what Ralph Peters, president of the Long Island railroad, has done. Shortly after his appointment to the office, he made a series of inspection trips, and during one of these he observed that just before trains entered Suffolk county, there was a forty mile stretch of perfectly barren land so far as any agricultural purposes were concerned, and that this territory was covered with scrub oak, pines and chestnuts. It was a dreary waste of unprofitable land.

That struck Mr. Peters, and he began to think about it. It struck him, too, that if scrub oak, pines and chestnuts could grow in such apparently barren land, other things would. From that his fancy leaped to the inner vision of fertile, well-cultivated farms such as were seen in other parts of Long Island, and from this vision he began to take the practical steps necessary to carry out an experiment.

The experiment was to prove to the people of Long Island and adjacent sec-

tions that that bare waste of land was as capable of growing farm and garden truck as any part of the island. Mr. Peters believes in ocular demonstration. He believes that a farmer is too tired at night to sit down and study books on modern or theoretical farming, but that if he can hang over his neighbor's fence and watch his green crops springing up, he will be twice as interested and will work twice as hard to bring about the same results on his own land. So Mr. Peters found a man on his railroad staff who was as much interested in the idea as he was, and to that man was given the power to buy the worst ten acres of land in the worst section of the island, plant them with anything that he thought ought to grow there, and call the place Experimental Farm No. 1.

Mr. Peters expected to wait two or three years for results that would mean anything; but the unexpected happened instead, for when those ten acres were cleared of blackened stumps and rocks and fire debris they proved to be rich virgin soil. Encouraged by this confirmation of their theories, Mr. Peters and his helpers went ahead and commenced farming under modern methods and in the most approved style, proving on a side issue these methods to be far more economical than old-fashioned ways. Varieties of vegetables and plants indigenous to the soil were planted at first, but branching out still further, Mr. Peters caused all sorts of fruits, vegetables and grain to be planted in the rich black soil they had found, and at the

end of the first year, he found that forty-six different kinds of vegetables, seventeen kinds of berries and fruits, fourteen different kinds of forage and thirty-eight varieties of foliage and flower plants had been successfully grown on his Experimental Farm No. 1. The station is now no longer an experiment; it is one of the finest and richest farms to be found anywhere in the island.

When asked about his farms Mr. Peters laughed. "The idea was," he said, "to show what could be done with intelligence, the will to succeed and a little money. Railroads out West have been carrying on educational campaigns by means of lectures on agricultural subjects delivered to the farmers owning land along their routes, and they've got a good lot of lively interest worked up on the question. The people of Long Island have waked up, too, in an astonishing manner since the establishment of the second farm at Medford. There has been an increase of forty per cent of traffic in market garden stuff, and that is a purely conservative estimate. The possibilities of agriculture on Long Island are big enough to be seen without putting them under a microscope, and the Long Islanders and people interested in agriculture are waking up rapidly. It may mean the beginning of a world-wide movement in agriculture."

Mr. Peters is an enthusiast on whatever subject he takes up, but this farm idea is his hobby. There is that about the man which inspires enthusiasm and makes one see the bigness of his ideas. He is a Southerner, born in Georgia, and began his railroad career by becoming secretary to a prominent railroad man of that time where he obtained an inside knowledge of the executive side of railroading. Since then he has been successively chief clerk in the office of

the superintendent of the Pittsburg, Cincinnati and St. Louis railroad, superintendent of the western division of the Chicago, Colorado and Indiana; vice-president of the Cincinnati, Georgetown and Portsmouth road, and after holding several other important positions was appointed to the one he now holds.

MRS. FREDERIC C. SCHOFF

By SYLVIA GREEN.



Mrs. Frederic C. Schoff

Mrs. Frederic C. Schoff, known as "the woman Judge Lindsey" of Pennsylvania, was launched on her mission of aid to thousands of juvenile offenders against the law, by reading an article in a morning news-

paper which told how an eight-year old girl had set her mother's house on fire "to see the engines run." The child was arrested, brought into court, and, on the face of the evidence, sentenced to a reformatory. In pronouncing sentence, the court judge referred to the young offender as "a prodigy of crime."

When Mrs. Schoff read the article, her indignation rose. "A prodigy of crime," she repeated contemptuously. "She is nothing of the sort, and I am going down to see about it."

From that newspaper phrase and from a woman's genuine warmheartedness and just anger, sprang the disclosure of facts regarding the system of handling juvenile criminals which, as Mrs. Schoff frankly declares, were appalling. Horrified, when she found five hundred children between the ages of six and sixteen in the Philadelphia County prison—right in her own city—

she did not hesitate to carry investigation further. In the different station-houses of the city she found between two and three hundred more of the same ages, and learned that a similar number passed through the stations every month. These children were there, because there was no other place in which to detain them. So they were thrust into the common jail, herded in with adult prisoners, dozens of whom were steeped in crime, and forgetful of the slightest trace of decency or morality.

Mrs. Schoff hurried to the New Century Club, one of the most powerful and influential women's organizations in Philadelphia. She told her tale so well that immediate steps were taken for the prevention of such conditions in the future. That winter, the treatment of juvenile offenders in every city of the Union was investigated. When the legislature convened, a reform measure was presented, which asked for separate places of detention for child wrongdoers, separate time and place of trial, the appointing of probation officers, and that the detention of children in public prisons or police stations be prohibited. As the probation officers were to receive no salary from the state, Mrs. Schoff agreed to guarantee that their salaries would be paid. This was done through the aid of clubs and charitable organizations, and every week, Mrs. Schoff meets these probation officers at her home and spends hours in discussing, directing and guiding their work.

Mrs. Schoff's personal efforts to assist the cause of juvenile reforms have never relaxed for a day. She visits the Juvenile Court so often that she has come to know nearly all the young offenders, and through them, she has made acquaintance with the parents. "I am ready to affirm," she declared once,

"that much of a child's wrong doing is due to the ignorance and neglect of parents." Satisfied on this point, she turned her energies toward bettering the conditions in that quarter.

The mothers were to be taught a few facts about their own children. To this end, Mrs. Schoff began the organization of the Parent-Teachers' Association which has exerted large influence on the manner of living in homes all over the Union. Child study is the chief theme with which the association concerns itself, and in Washington, a Parents' Educational Bureau is in process of building, which will supply outlines of study and reading and offer a form of education for parents, largely unobtainable elsewhere.

In 1900 there were six hundred children in Moyamensing Prison; today, there are none. Where an average of three hundred childish prisoners passed through the police stations of Philadelphia in the same year, today, less than one hundred and fifty are arrested and these are placed in a separate house of detention. Two years ago, fourteen hundred and sixty-eight cases were tried in the Juvenile Court of Philadelphia, and in every instance, Mrs. Schoff directed the verdict. In only sixty-three cases was probation unsuccessful. Mrs. Schoff has no official position, but she is practically the judge of the Juvenile Court of Philadelphia. Hundreds of children have been redeemed; hundreds of parents enlightened as to their duties and responsibilities. The work is not only communal, but national in scope. And all this has been accomplished because a great-hearted woman read in the library of her luxurious home, how a little girl set fire to her mother's house, "just to see the engines run."

All Is Good.

By ROSE WOODALLEN CHAPMAN.

"David! Come right into the house this minute. What makes you so naughty? You just sit down on this stool and think about what a disobedient little boy you are. What makes you trouble mother so?"

Little David sat on his stool, looking very serious and thoughtful. After a long silence he gazed up at his mother and asked, "Mother, are all children naughty?"

"I guess so," replied his mother, with a sigh.

Another long pause, and then the solemn, childish voice asked, "Who makes children?"

"Who makes everything?" his mother queried in reply.

No answer came for some time, and then, with a shake of his troubled little head, David gave utterance to his puzzled thoughts. "But, mother, God couldn't make children, you know, because everything He makes is good. You told me so once, and I often think about it. Who does make all the little children, I wonder."

The child's relentless logic gave Mrs. Wright a sudden sense of helplessness. How could she make clear to him the difference between the original goodness of God's creation and the daily naughtiness of little children?

This time it was the mother who sat in serious thought. There came to her mind the new teachings that she had accepted so gladly and was so eager to impart to her little son.

"All is good," the New Thought said. "Refuse to recognize evil; do not combat it for by so doing you give it strength which it would not otherwise possess."

How could she follow this teaching and still restrain the undesirable tendencies which were cropping out in her boy from day to day? She could not bear to have her little son grow up so unrestrained as Robert Harned, whose mother refused to interfere with any of his doings because she wanted him to develop his own individuality.

The problem was not one that could be solved in an hour. Day after day she pondered it. While the matter was uppermost in her mind, she was amazed to discover how many times she used such adjectives as "naughty," "bad," "selfish," "disobedient" in reprimanding David. It was not helping him to get a conception of his own spirit as true, pure, loving, obedient and kind; yet she knew from her own struggles how difficult it is to grow when handicapped by a self-depreciatory opinion of the finite self, instead of being inspired by a belief in the grand possibilities of the infinite self.

How could she give her boy the true mental picture of himself, and yet correct his faults?

She finally decided that the first step in the right direction would be to stop calling him "naughty" and "disobedient." The acts might be naughty, but that didn't make the boy naughty. It called for a good deal of circumlocution,

but she found it was good for herself as well as for the child. She learned to characterize his acts more carefully, and to show him just why she could not allow him to continue them.

She learned, also, to think of her boy differently. This, she realized, was important for his welfare, for the mental attitude toward him must make a strong impression upon his spirit, retarding its growth by her narrow conception of it.

It was difficult to think always of him as perfect in every way, when so many little acts occurred each day to exasperate and try her.

But she saw that she needed to learn the great lesson of patience. She must not let his acts of childish wrong-doing trouble her spirit. She reminded herself day after day that he did not do wrong to annoy her, but because he was young, and had not yet learned. She must remember that it was her duty, not only to teach him but to assist him to form habits. This is a much longer process, and calls for patient repetition. The third offense is not so much worse than the second as we are apt to think it. To be sure, the child has been told to refrain from that particular act, but telling it to him once or twice or even three times does not always enable him to form the habit. Over and over again he must be made to realize the undesirability of the act; in time, if the mother has patience and persists, the right habit will be established.

So, too, Mrs. Wright came to see that punishment was not for the purpose of retaliation or to relieve the parents' feelings, but was intended as an aid to the child in fixing in his consciousness the proper classification of his deeds.

This act of disobedience brought with it grief and disappointment; in time, the thought of the act would bring with it a remembrance of its consequences,

and this memory would be strong enough to prevent its performance.

Little by little Mrs. Wright's attitude toward childish misdemeanors was changed. She came to look upon them as symptoms, which, if she studied carefully, would give her an insight into the present stage of her boy's development.

She tried to help David to get a truer picture of himself and his relation to his various acts of wrong-doing.

"What you did was wrong, you know, David," she would say, "and mother must punish you to help you remember not to do it again. But you—the real you—are not naughty. You are everything that is good and kind and obedient and loving."

She told him often of the real boy living within his body that was trying to express himself through that medium.

"When you do something selfish, people may think of him as selfish, when you and I know he isn't."

"But if that little boy is me, mother, and he isn't selfish, why do I do selfish things?"

"Because you're little, darling, and haven't learned better."

"Do you ever do anything selfish, mother?"

"Yes, dear, I'm afraid I do."

"But you aren't little."

"I'm not as little as you are, David, but even if I am big, I still have a great deal to learn. That's the reason mother is cross, sometimes, because she hasn't learned yet to express her real loving, patient self."

The idea that his mother was growing, too, and had to keep track of herself even as she did of him was a new thought to David.

"Do you have to punish yourself, mother?"

"Yes, darling, I have to do many things to try to make myself remember

to express the infinite spirit that is within me."

"Well, if you punish yourself, then I don't mind if you punish me to make me remember. I'd rather be good, 'cause I'm happier when I'm good; but sometimes it's awful hard to tell, just when I'm doing it, that it's something naughty."

"I know it is, dear. We have to learn by experience, but the longer we try to be good, the easier it gets to be."

"Yes," assented David; "and some day we'll just be good all the time 'thout thinking, won't we? 'Cause we are good, inside."

So Mrs. Wright came to feel at last that the wrong impressions of those early days were entirely obliterated from the little plastic mind, and in their stead were new and inspiring thoughts that would prove a help and an uplift throughout life.

Lessons in Constructive Science.

SPENDING MONEY WITHOUT FEAR—OVERCOMING
THE COMPETITIVE THOUGHT—THE DIFFERENCE
BETWEEN ABUNDANCE AND WASTE—CANNIBALIS-
TIC SYSTEM OF SOCIETY—OUR RESPONSIBILITY TO
GOD AND HUMANITY.

By WALLACE D. WATTLES.

LESSON XII.



THE scientific use of mind in getting rich consists in mentally unifying oneself with wealth and abundance. To live wealth, to feel rich and to live according to your feelings; that is scientific. To

mentally unite yourself with the best, to have the best of everything as you go along, to use what you have freely, largely and without fear is absolutely essential.

One must entirely overcome the old habitual feeling of impending danger

which goes with the competitive thought; he must acquire complete faith in the prosperous and successful outcome of the central aims in which he is engaged. He must learn to spend money and to make use of things absolutely without fear, for the essence of the scientific use of mind is the conquest of fear; but with all this, you must remember that notwithstanding the abundance which clogs the universe there is absolutely nothing for you to waste. Though there be in existence ten thousand times as much of everything as we can use, yet there is nothing which was not intended to be used.

To live abundantly and freely without want or fear, is the right of every man and woman and to do less than this is criminal, because every one who lives poorly and penuriously, or in a restricted way, puts before the minds of all an example of fear and lack which

causes others also to lead restricted lives and lowers the standard of living for the entire race. The thing that we most need to get rid of in order that the human race may advance is the idea that "suspicious economy," "self denial," "doing without," "saving" and "thrift" are at all necessary in the world in which we live.

It is an offence against the human race to be, in the ordinary sense, "saving," "thrifty" or "economical." The thrifty say by their example to all, that there is not enough in nature to go around, that carefulness, want, lack, and poverty are necessary things; and the preaching and teaching of this most pernicious idea leads to the acceptance of social, financial and economical institutions which are the source of untold misery to millions of God's creatures. Once let us get rid of the idea that saving and economy in the use of the gifts of God are a necessity and the horrible tenement buildings of the cities will come down and be replaced by mansions fit to be the dwelling places of humanity. Once let us get rid of this idea of economy and children will no longer have to do the world's work to save the time of men; once let us get rid of this idea and we shall have an eight hour day or a six hour day and no man or woman will be over-worked or over-driven in the interest of thrift.

It is our first duty to live so that everyone shall see that there is absolutely no need for being thrifty, saving or economical; but while all this is true, we must avoid the other extreme of waste. And whatever it may come to be in the future, in our present complex organization of society waste is a crime, because human life is the essential factor in the production of everything, and when we waste the least thing we are destroying a part of life of some man, woman or child. Let me illustrate.

Here is a man who worked to support his family. His wife is careless and wasteful in her housework; his children are reckless in their expenditures, food and fuel are wasted in the kitchen; clothing is wastefully and unnecessarily worn out and destroyed; money is heedlessly expended for things which do not in any way contribute toward an increase of life, and the husband and father lives and works only to earn money for meeting these expenses. Every day of his life is given to the task of gaining the necessary funds to meet the family requirements. He gives his life to get what they waste. They wear and eat and burn human life. They literally use up the life of a man. It is easy to see where the sinfulness of waste comes in. We have no right to waste humanity.

The system of society as at present ordered is essentially cannibalistic at its best. While beyond any doubt it is the best arrangement possible at this time, with people thinking as they think now, yet the fact remains that a very large percentage of us live by absorbing the lives of others. This places us under a direct responsibility to God and to humanity. I am trying to show that this responsibility is twofold. First we are bound to live full and complete, free and fearless lives in order that by our example we may not fix the shackles of fear and want more firmly upon our fellows; second we are bound to carefully avoid mere useless waste in order that we may not add to the present burdens of our fellows.

What I say applies as truly to useless display as it does to useless destruction. What Elbert Hubbard calls "conspicuous waste," the flaunting of huge feathers, the wearing of trailing skirts and long-tailed coats, a piling up of expenses merely to show that we have "money to burn," is criminal. It is as truly

criminal as it would be to pile the products of labor in a heap and set them on fire.

Everything we have comes to us through the expenditure of vitality and energy. Even though we may not know who and where they are, there are people who are continuously giving their lives for us; and there is One whose life is forever being given in order that we may have life more abundantly. Everything that we have and enjoy is given to us by the life of God. When we use, we use Him, when we live, we appropriate His life; when we waste, we waste His life. He means us to have and to use freely of every good thing, but we should remember that, after all, our rights in the matter extend to us without abuse.

The idea and purpose of construction should underlie all our activities. Your aim in life should be to make the very most of yourselves in every possible way, mentally, physically and spiritually, through and by means of the work you have to do. If you are to be successful and to do your work well you must have everything that you can use,

but you must use all that you have constructively. Not economically; constructively.

In order that you may attain complete development it is absolutely essential that you should make your surroundings beautiful and harmonious; but in all the things that you buy, the idea of use and constructive benefits must be at the front and not merely that of display. It is also necessary that you should play, that you should rest, travel, see the world and come in touch with the largest possible environment; but it will detract nothing from the pleasure of your recreation if the constructive idea and purpose are running through it all. Do not waste money, do not waste time. Do not "save money" and do not "save time." Have all that you want in order to live all the life you are capable of living. Have the very best of everything, use everything that you have freely and without fear, but beware of waste and do nothing for mere display. "Ye ask and receive not," said James, "because ye ask amiss. For ye ask that ye may consume it upon your lusts."

Do you remember what happens on the window pane on a cold morning, when a fire is kindled? The pane acts as a condenser, changing the form of the moisture in the air; it becomes tangible. Wherever heat and cold, positive and negative, come into contact there is a precipitation.

The surface of the brain is this point of contact between positive and negative, Uncreate and Create, Spirit and Matter.

The positive ever acts upon the negative; the higher and finer forces upon the lower or coarser.

The natural attitude of man is one of aspiration toward the Uncreate and command toward the Create; negative to the highest, positive to all beneath.

—Elizabeth Towne in "Constitution of Man" (1898).

Do We Practice What We Know?

THE REAL REST CURE AND HOW TO TAKE IT—
NERVES ON EDGE AND THE FIRST SYMPTOMS OF
INSANITY—LEARNING HOW TO BREATHE AND RE-
LAX—THE WAY TO PUT OLD LESSONS INTO
PRACTICE.

By GEORGE A. FLANAGAN.

We are continually reaching out for some new, magic formula, and forget to put into practice what we have already learned.

"Be still," was the first injunction we learned, and yet we are straining every nerve in a vain effort to achieve—what? It is the great Urge that is upon us, but let us not be swept off our balance by it.

Over-anxiety—that is the green side of the apple of our hearts that needs to be turned toward the mellow sunshine of confidence, hope and faith. This feeling that we must be doing, doing all the time must be overcome. We take a day or a week off, but do we really relax? We go to the picnic, but do we come back refreshed and renewed, or tired and jaded? The power of repose has been treated by many authors, but the subject is too great for any to adequately portray its great benefits. What you need most is not a new stimulus, but a new rest. The real cure is the rest-cure, but how few of us know how to take it! Suicides, insanity, and all kinds of social and family frictions are the results of overwrought nerves. It is said that the first symptoms of insanity are nights of sleeplessness and mental excitement. A medical authority declares it is dangerous to intrust the running of an auto-

mobile on our crowded thoroughfares to an overworked man—that a man whose nerves are on edge cannot preserve a cool head.

And don't forget that work does kill as well as worry. When "fatigue products" are generated in the system faster than they can be disposed of, the individual is overworking, and should supply the remedy—be still for a while. An overstrained mental attitude prevents proper conceptions of life and things. Going into the Silence is the best exercise the New Thoughter can take. The exercise should be taken in absolute repose, inviting the good, wholesome, electrifying forces of life to enter, while the individual relaxes as a little child allowing its mother to soothe a new hurt, rather than in a pent-up tension which says, "I simply must get my wish in this matter, and I must have the affirmative answer flashed to my brain at this sitting." Too much striving tends to resist rather than invite the achievement of our ends. The best things of life, like the music of the spheres, the flashes of intuition, love of those near and dear, are ours when we are mentally *en rapport* with them. The human instrument is a self-tuning instrument when given half a chance.

Then we have learned the value of deep breathing. We have practiced it some and found it all that is claimed. But now we are looking for something else—something more occult, more mysterious in its effects. If we breathe we think we must do it by some prescribed formula—and we have forgotten for the moment whether we are to take more time in inhaling or exhaling, and just how many times to count for each breath!

Friends, the great, occult, hidden secret is to get the pure fresh air into your lungs—get it there somehow and anyhow, so you get plenty of it—a superabundance of it. These little formulae for breathing are helps for concentration, but do remember that the main thing is to breathe rather than to count.

Imagine your lungs as big as a hogshead; then look off over the grand, endless expanse of pure, vitalizing air, laden with oxygen, ozone, and more life-giving ethers than we are aware of—and say, "Now, let's see if I can take in a whole hogshead of this sublime tonic at one gulp; and then another, and another, until I have actually monopolized the very air and charged my body with its abounding life." Then, while the lungs are full, pound the chest and the trunk under the arm-pits, letting the vivifying oxygen penetrate to the utmost depths of the being.

You would better have a convenient place to lie down after this, for then is when the joy of relaxation will come upon you as never before, and you will make a greater stride in health, confidence and strength than you have known for many a day. Breathe enough, and you can feel the tingling in the finger-ends; every nerve and fiber of your being will be charged with new life, and the muscles will actually become drawn in an ecstasy of delight. Then rest, re-


lax fully, taking deep, regular breaths while the heart wakes up to the increased circulation and the brain calms down from this oxygen-intoxication. Next time the brain cells will be stronger, and the usual dizziness which startles some will be less pronounced.

We know that the solid food which we eat can never be absorbed into the blood to nourish the bodily tissues until it has been converted into a liquid. We know that the stomach is not provided with grinding machinery and is burdened beyond measure when inflicted with quantities of half-pulverized substances. Yet do we habitually chew our food into a fluid state, or only spasmodically—say once or twice a week, when we happen to think of it?


Why do we find inharmony, jealousy and intolerance cropping out in our new thought societies, Theosophical conventions and Christian Science meetings, just as they do in our churches and lodges which promise so much for the world? Because they occasionally lose sight of the ideal and forget to practice what they have learned.

We all need to spend more time on first principles. These fundamental essentials are so indispensable that it is useless to go on seeking greater attainments until we have acquired the a, b, c's. We do ourselves untold harm by attempting it. Failure and discouragement must be the inevitable consequence.

Let us not count it time lost to go back and learn the old lessons over again—to read over the old books and back numbers of advanced truth which we thought we had mastered. Don't fear that in doing this you are not going forward. It takes time to learn, and longer still to put into practice what we have learned. Could we master it all in one lifetime, then there would be no need to return to earth life and try again.



VIEWS AND REVIEWS



—BY—

WILLIAM E. TOWNE

Pride.

Pride is one phase of selfishness. It has no place in the life of a Master. He who would rule his own spirit must first cast out all pride.

Pride results from an exaggerated consciousness of self—the personal self. Pride is forever a bar to oneness with the Whole. He who realizes that he is forever a part of all that is, has no further cause for pride.

The most wonderful seers, mystics, prophets and teachers the world has ever known have been free from personal pride. They have said, as did Jesus, "It is not I who do the works, but the Father who worketh in me."

No truer statement was ever made than that "pride goeth before a fall." Pride causes one to withdraw from his fellows and cut himself off from harmonious relations with the whole. This often results in nervous troubles and insanity.

Isolation is often necessary to the one who is seeking the kingdom within, but it is the isolation from which pride is absent. It is isolation *in* the world, not *from* it.

Pride is always due to a mental holding on, a lack of trust in the goodness and fitness of the universe. All these tendencies must be outgrown before man can become MASTER of himself.

In "Light on the Path," a booklet written for the guidance of those who would become something more than hu-

man animals, I find these rules for the guidance of the student of occultism: "Before the eyes can see, they must be incapable of tears. Before the ear can hear it must have lost its sensitiveness. Before the voice can speak in the presence of the Masters, it must have lost the power to wound."

In other words the pride of the personal self must have become a thing of the past. The emotions which spring from wounded pride must be under complete control. The sensitiveness of pride must be dead. The voice of arrogant pride must be stilled forever.

Only when this has been accomplished can the powers of the soul unfold. The personal self must become at-one with the impersonal. The personal will must be completely given over to the higher self. Only so can the Real Self come into manifestation.

As man becomes better acquainted with his Real Self, that part of him which is eternal, he sees the foolishness of personal pride. He sees that the things of which he is proud are of the most ephemeral character; that he possesses nothing lasting that all others do not possess likewise.

You are an eternal soul and all that you own in the way of material things, your body, your mental powers are only manifestations of the soul. And every other soul is equal with you before the Great Source. Every other soul can draw from the same fountain that you draw from, and make as great a success



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



of living, in a different way, as you have made. Why, then, should you be proud of your possessions or intellect?

Pride and Mistakes.

Pride keeps us from acknowledging our mistakes and turning from them, and thus we are held in bondage to error. The first great step towards freedom is to surrender our pride. We think we are free when we refuse to listen to others and heed their advice, but in reality we are slaves to our own pride and ignorance in many cases.

He that loseth his pride shall find true freedom—the freedom of the Spirit which maketh free indeed.

It is possible to live your own life in freedom and yet be receptive to truth on all sides. The attitude of non-resistance is the true attitude, and it cannot be assumed until pride is forever cast out of the mind.

Pride is often the result of fear. We fear what people may say of us, and then retreat into our shell of pride for protection. Sometime and somewhere we shall have to learn to “face the music” and become utterly indifferent to what others may say or think of us. We shall learn that the soul within is our only safe guide, and that we must not be swayed from following it by the fear of outside criticism. “No man can serve two masters.” We cannot be true to our best selves and follow the dictates of a personal pride at the same time.

The kind of pride which more than any other perhaps, stands in the way of our advancement, is the pride of intellect and reason—the pride which says, “I do not understand this thing, there-

fore I do not believe it is true.” Such a pride kills out all faith and all the higher promptings of the intuitive faculties. It cuts one off from a realization of the things he most desires. It prevents his at-one-ment with the Source of Being. It leads to a one-sided growth and produces ultimately a vast amount of suffering. Every step must be retraced. Every stronghold of the intellect must be abandoned, until the mind is cleansed of the last particle of pride of intellect and you are ready to say to the soul: “I give up *all* to thee; lead *thou* me on.”

Do you pride yourself upon being better than your neighbor because you have not sinned in the way he has sinned? Know then that there is no human experience through which you yourself will not have to pass at some time. Your brother's shame will sometime be your shame. I quote again from “Light on the Path”: “Do not fancy that you can stand aside from the bad man or the foolish man. They are yourself, though in a less degree than your friend or your master. But if you allow the idea of separateness from any evil thing or person to grow up within you, by so doing you create Karma, which will bind you to that thing or person till your soul recognizes that it cannot be isolated. Remember that the sin and shame of the world are your sin and shame; for you are a part of it, your Karma is inextricably interwoven with the great Karma. And, before you can attain knowledge, you must have passed through all places, foul and clean alike. Therefore remember that the soiled garment you shrink from touching may have been yours yesterday, may be yours



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



tomorrow. And if you turn with horror from it when it is flung upon your shoulders, it will cling the more closely to you. The self-righteous man makes for himself a bed of mire."

The greatest Master is himself the humblest of disciples. Likewise he who outgrows pride will find what is of infinitely greater value than that which he releases when he lets go his pride.

Netop Journal.

Friday—Today I had a visitor—a large grey and red woodpecker. He had a bright red collar around his neck and a very long, heavy beak. Clinging to the opposite side of a maple not ten feet away, he looked around the tree at me with a questioning gaze and then went on with his tap, tap, tapping.

Although it is the middle of April the weather is warm and balmy as July. The Mount Holyoke College girls are beginning to picnic on the hills in Smith's pasture.

More birds are here, some of which I do not know. Two hounds are baying up toward the mountain. What they

can be tracking at this season of the year I cannot imagine.

The hemlock trees back of the cabin got well singed around the lower limbs in the fire. The tops are still fresh, and we are anxious to see whether they still live or not.

A Week Later.—All the larger trees back of the cabin are putting out leaves. The hemlocks look like singed chickens, but seem to be alive. Within the past few days those phoebes who resided with us up to last year have built another fine nest beneath the eaves on the west side of the cabin.

May 19.—Sweet corn is up. Ditto carrots and parsnips.

Set out some phlox two days ago. The small plants look well. The big ones look sickly. Too large to stand removing, perhaps.

There are young phoebes in the nest under the eaves. Had to climb up on a chair and box to make sure they were there. The mother was gone and when I felt about carefully in the nest, which was over my head, vigorous little squeaks issued from the youngsters.

Reincarnation.

BY CATHERINE CRONIN.

Oh my soul!

In that last resting place of my poor clay
Dost share no part, dost heed not death's dismay,
But leav'st thy dead abode and seek'st to find
Where life exists, a nobler heart and mind?
If this be so indeed well worth the strife
Of soul-development in this brief life,—
Well worth the years of toil's self sacrifice,
And well to shun when soulless joys entice,
If, in that aftermath of souls, we find
Our own all-pregnant in a nobler mind,
Our own soul, dwelling on Eternity,—
On its unending life, in ecstasy;
Then may we strive perfection to attain,
That our clay's loss may be our soul's high gain!

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen some one find and surmount, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a nom de plume is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

EDITORS.

Success Letter No. 280.

Would you think a man who had lain utterly helpless in one position for twenty-four years and who had the use of only one finger and thumb and one eye, had made a success if he had earned a support for himself and nurse for the past nine years, and not only that but had paid for a little cottage home? That is what I have done, and I feel very proud of the feat.

When my mother died nine years ago I did not give up and whine that I was beaten, but did the only thing left for me to do. I could still manage to write a little, so I went to work writing books. Not having funds to advertise my work I must depend on finding a good editor here and there who will advertise them gratis. I realized fully that I could not have made it only for these good editors. I did my part under the worst difficulties a man ever worked. My hands and arms are all drawn and twisted, and I had to lie on my back in a bed with the heat stinging like so many angry bees, unable to turn over and rest, or even raise my head off the pillow. I was elevated just barely sufficient to write with a pen. My right arm being drawn I was forced to take the pen out of my right hand with the left, and dip it in the ink, then replace it in the right hand, pick up the book on which I write, and resume. This had to be repeated every few lines. I tried a fountain pen, but it would not work properly. My flexible thumb is on the right hand. I hold the pen between it and the drawn down index finger. The forefinger

on the left hand is still flexible also, and with it I manage to hold the book and sheet of paper on which I write. Now, dear Mrs. Towne, won't you allow me to give titles and prices of my four books? It's true I own my little home, but I still must earn my living. "Twenty-four Years in a Mattress Grave," the story of my life, telling my experience with quack doctors, which has caused many a hearty laugh. Price, 20 cents. "Ideas of an Invalid," tells of my mother's peaceful death. 30 cents. "Plain Talks and Tales." 40 cents. And my last book, "Cheerful Chats." 50 cents. I am only thirty-nine years old, so nearly two-thirds of my life has been spent lying motionless as a marble statue. Life has had few joys for me. It is drawing to a close. Yet I can smile, laugh and sing, and praise God for my blessings. Life is not only what we make it, but what we think it. Some good friend sends me many of the new thought journals, among them your splendid magazine. I have learned to know you all, and I feel sure you will offer me a helping hand. If you do I trust other new thought papers will reprint this letter. I refer you to the postmaster or mayor of Wellington, or J. L. Corse, banker. I grow so tired and lonely lying here and the mail is about my only pleasure. All my books save the thirty cent one contains my picture, showing corner of my room.—THOMAS F. LOCKHART, Wellington, Mo.

Success Letter No. 281.

I.

Never, never, never, never, ask favors of relations!

II.

Never, never, never ask favors of friends!

III.

Never, never ask favors of strangers!

IV.

Never ask favors!—LORRAINE.

Success Letter No. 282.

Do you know that the buoyant person oftenest has success? The strong bright personality, radiating cheerfulness, decision and courage is the one that brings friends and success

wherever we find it. Tenderness, grace and sweetness need not be lacking but the "uplift" must be there; the radiant personality must shine from the body.

I know two girls: one has a perfect body, her face and form are exquisite. The spirit seems cold and dull. This girl is not truly beautiful; she does not make friends. The other girl has a small, dark face; she hasn't a single good feature but she is a glorious creature to know. Strength and an irresistible love of life and humanity illumine her; she is adored by a host of friends and has accomplished more good in her native town than a host of philanthropists. She refuses to have the "blues;" she refuses to be anything but wholesome and happy and she has had occasion to be both ill and unhappy. I wish all girls were imbued with her spirit.—SARAH TYLER STEELE, Antrim, Pa.

Success Letter No. 283.

The Lord our God is the mind of nature; the great Spirit who permeates, penetrates and fills the interspaces of the universe. The Lord our God is love. Love is good. Good is love. So far as we express love, we express God.

The Lord our God is working through us. We must do all the work we can do every day in a loving manner. We must put the purpose to succeed into everything we do. The Lord our God cannot help helping us, if we do do each thing in a loving manner. He must do so in order to help Himself, for the Lord our God is working through us.

In order to be successful, we must first absolutely know what we want, and form a clear mental vision of the things we want. Then we must get into harmonious relation and perfect unity of mind with the Lord our God. We can do this by feeling the deepest and profoundest gratitude and thanksgiving to the Lord our God for all the good things that have come to us, and are about to come to us.

One great essential is to be in love with the world; constantly send out Good Will to all, and cultivate stick-to-it-iveness in all our undertakings.—M. J. GARTNER, St. Martin's Ferry, Ohio.

Success Letter No. 284.

To me success means the attainment of life's cherished hope. We need self-confidence, plenty of grit, perseverance, patience, optimistic views, always, and perfect faith in our Creator, using our failures as stepping stones, forcing us on to glorious victory.—MRS. EDNA L. LARGE.

Success Letter No. 285.

Success is the full and perfect development of the success-germ each after its kind. I say each after its kind for, truly, successes are as varied as the myriad beauties of the flowers. Success is an attribute of human life itself. Its germ is the heart of that life. It is the Alpha and Omega with the life-given breath.

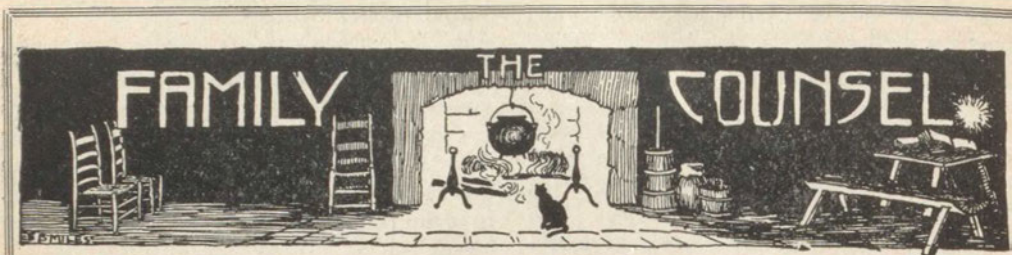
In the subconsciousness of each human life this little germ lies grunting and struggling that Consciousness may be led to realize its presence and turn on its showers of optimism and sun of expectation, by which this life may come forth and blossom in full and perfect beauty. This little germ is with each of us and it is for us to hear its prayer to us for the light of its birthright. Let us speak to this little germ in secret, and It, that hears in secret, will reward us openly with an abundant harvest.—LUCIAN B. WATKINS, Fort Russell, Wyo.

Success Letter No. 286.

I think my success letter, after nearly twelve years in the Southwest, would take as its thread between the lines, "get busy." I notice at my Bridge Whist Club that those who grumble most about the hands, rarely win. It is wisest not even to talk about them. Is there luck? Well, you have quite as good a chance for luck as the others—may even learn that one can control luck, if you will stop grumbling, get busy—and hold hard. Criticism of one's happenings is, after all, judgment, or your own inheritance, discourteous to your ancestors and discouraging to the world. Those of us who live longest discover that there is not as much difference as appears on the surface in the heritage of earth's children. We are all poor somewhere—you may be sure, or we should never be born, but one only lessens their chances by complaining of the accomplishment of their forbears. If you feel that you are behind, get busy. And, as you do so, you will discover that you have a strong point somewhere to score up that weak one. The law of compensation cannot fail and is the firm foundation of the optimistic view of the universe.—MRS. LEO W. DUNLOP, Portales, New Mexico.

THE PRIZE WINNER FOR SEPTEMBER is Mrs. George S. Davis, Jr., Seattle. As soon as we hear from Mrs. Davis the prize will be sent where she desires.

This department is growing in helpfulness, and next month we shall print more of these interesting letters.



"Oh, wad some power the giftie gie us
To see oursel's as ithers see us!
It wad frae mony a blunder free us,
And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I reply to the 1,001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give. Welcome, all! If you are in a hurry for your answer enclose with your query a stamped self-addressed envelope, with four cents extra in stamps, and Madge will mail you a copy of my dictated answer. Do not write orders or other matters on the same sheet with Family Counsel matters. Observe these requirements strictly—if you can't obey me in these small matters how shall you obey God and be blest?
ELIZABETH TOWNE.

F. J. P.—If you have "tried everything" for nervous indigestion, then throw them all overboard, go out in the woods and live like an Indian for six months or a year and you will get well.

L. K.—My dear woman, yours is the common complaint of those who want to do it all by reading something, instead of getting down to work. Mere reading will accomplish little—you must practice what you read and keep on practicing. If you don't understand it all, never mind. Practice what you do understand. It is the only way to enlarge your perceptions so that you may know more. "Do the Will and You Shall Know"—said Jesus.

J. L.—Note my editorial on "Jealousy and Self Esteem." In addition to this see that you set yourself to enjoy having other women flirt with your husband! You cannot do away with the personal attraction between the sexes, and you are foolish to fret about it. Women always enjoy talking to good looking and cordial men and no matter how innocent a conversation may be, a jealous wife always imagines there is something wrong. Cut it out! There is no other way. If you don't do it you will likely lose your husband in the end. No man can keep on loving a woman who is jealous, exacting, suspicious.

A. W.—You ask "What kind of sickness is love?" All depends upon the direction of the love, whether it produces sickness or not. God is love and love is God and all love is good. Just as electricity is good. But electricity running along a wire and doing your bidding is one thing and electricity bolted from thunder-clouds may be quite the reverse. The first is directed to good purpose, the latter is concen-

trated unduly and fired viciously. Love directed and controlled is new life and joy to all people concerned. Love unduly concentrated on a personal object soon destroys the lovers. This means jealousy, bad temper, brain storms, mental thunder and lightning, and all sorts of damage to everybody concerned. It isn't love that makes people sick, it is hypnotism and lack of self-control. The person who understands his own nature and the nature of all humanity loves without lovesickness. Love is good, and the more one loves the better—provided he doesn't try to concentrate his love on one person. That way lies madness and destruction. To love one person aright, one must love all persons well.

P. R. D.—Until you know just what to do, be still. I think if I were in your place I would keep steadily along teaching Christian Science. There seems to me to be no incompatibility at all between Christian Science and new thought. But later if you find yourself unable to teach Christian Science in exact accord with the church regulations, then simply change the sign on your door to New Thought Healing and Teaching, and change your text books if you want to, or keep "Science and Health"—there is no law against a new thought healer using "Science and Health," if he wants to—and go right on charging your regular rates and doing your work. That is what I would do if I were in your place, as nearly as I can judge. But first, last and always, I would be still and take care not to cast my pearls before swine, until I was sure just what move I wanted to make. I would take good pains not to discuss the matter with anybody at all, but to think it out and pray it out in my own heart. If you stick to the Christian Science sign and church, of course you should abide by its rules. If you can't do it, then come out and be a new thoughter, and bring all the good you can with you. You are the only person that God will give the right leading to for this particular matter. Be still and know. My good will is with you for peace, right decision, health, happiness and success.

T. D. A.—Nobody can judge such a case, without knowing all the circumstances. If the daughter has been brought up on the "don't" plan, and has just kicked over the traces, and

assumed her own individuality, I say, "Bully for her!" But if she is merely selfish, and takes her friends away to her room to keep from sharing them with the family, it is too bad; she is making a mistake, and will find it out by some sort of unpleasant experience. Evidently the poor girl is out of joint with her family. This is primarily the result of wrong bringing up. A selfish daughter doesn't come from a truly unselfish family. There are mothers who think they are unselfish, who make selfish daughters by bringing them up without a sense of responsibility for anything but their own pleasure. I know children who came up without learning to help their mothers or anybody about them, simply because the mother would rather do the work than *take the trouble* to teach and direct the children until they learned how to help. Such a mother very often thinks that she has been very unselfish, but she has not. She simply did what was easiest for her. Her children do the same!

Children must be taught *co-operation* almost from the time they are born. They must help each other, and be grateful for help rendered to them. If the mother is wise and truly unselfish she will teach and practice this co-operation. Every child will have certain responsibilities, and will be taught to discharge those responsibilities faithfully. Such a mother will have no such daughter as you picture this one to be.

As to this girl's "fortifying her actions by abstract declarations in the new thought books," if she didn't find justification in new thought books, she would find it somewhere else. People can always find reasons for what they want to or choose to do.

I fancy this girl has been bossed to the limit, and that now she is grown up she proposes to take her life in her own hands. She is certainly making a mistake in trying to live her life apart from the family, but I surmise that the family makes it extremely difficult for her to live her own life. If the mother would get hold of a little new thought herself, and give the girl her freedom, *really* give it to her in spirit as well as in name, the girl would soon reciprocate.

The mother must learn co-operation herself, and the father, too. If she showed a disposition to help the girl live her life in her own way, the girl would very quickly come to give her higher consideration and kinder treatment. In this world we get just exactly what we give. A selfish daughter comes from a selfish mother. The mother may have aimed to be unselfish, but she has been merely unwise, instead of unselfish. The mother's feeling abused, or feeling grouchy, will certainly never woo the daughter to bring herself and her company into the family circle.

Here's a beautiful little sentence that I found yesterday, written by Confucius: "Make happy those who are near; and those who are far will come." How happy is the family circle? How happy a reception do they give this girl when she brings her friends? *How do they treat the girl when she takes the friends to*

her room—with cold looks or sharp speeches, or grief or grouchy?

Do you think any of these attitudes of mind are attractive? Certainly not—they only give the girl the excuse she may be seeking for taking her friends away to her room.

Don't you see the point? The mother is the key to this situation. Let her wake up and get a little new thought herself. If the girl has got even a little new thought she is on the right track even though she may do very unwise things in the way of learning. At least, she will surely outgrow this in time.

Don't fret your own soul over other people's unhappiness! Remember that we get exactly what we attract, and that the unpleasant experiences all tend to correct the mistaken mental attitude which draws them to us. Is the mother interested in making the girl happy, and in helping her to make her friends happy? Or is she merely bent on making the girl and her company come down and add to the mother's happiness, or the family's? Don't you see that in the latter case the mother is selfish, just as well as the daughter? (My little Librarian stenographer just exclaimed: "Goodness!—if papa and mamma and the boys didn't come in and help me entertain my company, I wouldn't know what to do with them!")

For World Peace.

We, the Rising Generation, want a World Agreement for Universal Peace.

We want our war vessels and battle-ships disarmed and turned into a Public University of Travel, a White Fleet of Peace that will tour the world every year.

We want these ships manned by the best instructors in Foreign Art, Literature, Travel, History, Live Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

We believe in these things.

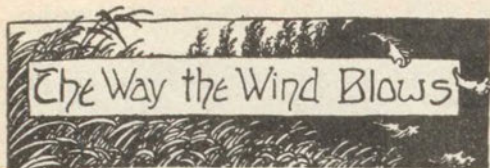
We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.



Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it. Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way the Clean Winds Blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

The royal minister of education in Saxony is said to have issued a decree that no girl who wears a corset shall be permitted to attend any public educational institution in that country.—*Life and Health*.

Amelia Barr, now in her seventy-ninth year, declares, "It is a foolish idea that at sixty or seventy one is ready to die. I am still able to do twelve or thirteen hours of mental work a day, and shall go on writing my two books a year and enjoying every bit of life."—*Human Life*.

The fire commissioner of New York, carrying out an order of the mayor, has published the following: "Notice is hereby given to all concerned that the fire commissioner hereafter will not issue any permit for the retailing of fireworks, Chinese crackers, rockets, blue lights, Roman candles, colored pots, lance wheels, and other works of brilliant colored fire."—*Life and Health*.

SAN FRANCISCO, Aug. 6.—The crown prince of Siam is adding gray hairs to the head of his royal father, King Chulalongkorn, and has set the country by the ears generally by defying the traditions of a long ancestral line in refusing to marry his sister. The present crown prince has asserted his independence by publicly declaring that he intends to have but one wife and that one of his own choosing.—*Springfield Union*.

Any one can observe that the younger generation of today tends to surpass its parents in physical development. How to explain the remarkable improvement we do not know. I find myself led to the hypothesis that the better health of the mothers secures improved nourishment in the early stages of the offspring and that the maternal vigor is at least one important immediate cause of the betterment of the children.—From "Age, Growth and Death" by Dr. Minot.

The young man of the present day not only has greater power of growth than the youth of past generations, but he is better developed physically, declares Dr. Frank J. Born, medical examiner of the Yale University Gymnasium, in *The Yale Alumni Weekly*. In the first place, he gives figures to show that growth in college

between freshman and senior years is greater than the normal amount. This he attributes in part to the fact that students are devoting themselves to gymnasium work.—*Literary Digest*.

The city of Rochester is making magnificent history these days. Don't fail to read about it in September *American*, "Do It For Rochester," by Ray Stannard Baker; and in *The Woman's Home Companion*, the article by Anna Steese Richardson; and "Rochester the Flower City," by Grace Mason in September *Good Housekeeping*. Read also "A Woman's School Alliance," by Margaret Briscoe Hopkins in the last named magazine, and "How I Run My School," by William E. Watt in September *Ladies Home Journal*.

The city of New York is preparing a series of twenty outdoor schools—that is, having schoolrooms with open windows from floor to ceiling. The first of these to be furnished contains separate chairs to accommodate children of different sizes, and also some reclining seats, like steamer chairs, made of canvas stretched on wooden frames. Nourishing food and warm wraps will be supplied to the pupils. These schools are intended for anemic children, and not for those suffering from tuberculosis.—*Exchange*.

A professor at Yale, well on in years, in addressing an audience of high school pupils the other day, delivered this cheerful message: "As I stand before you young folks I don't envy any of you your youth. I had as fine a time as you when I was young, but I would not go back to my youth for anything. I am much happier now, and I really believe that by the time I am eighty I shall be having the time of my life." These words will seem to most people to be unusual, but they ought not to be. A life lived wisely ought to grow in happiness from beginning to end.—*Youth's Companion*.

Orson, a town in Sweden, is probably the only municipality in the world which has ordinary city expenses, but which imposes no taxes. Moreover, the local railway is free to every citizen, and there is no charge for telephone service, schools, libraries and the like. This happy state of affairs is due to the wisdom of a former generation of citizens and rulers of Orson, who planted trees on all available ground. During the last thirty years the town authorities have sold no less than \$5,000,000 worth of young trees and timber, and judicious replantings have provided for a similar income in the future.—*Chicago Tribune*.

We are beginning to hear a good deal nowadays of social work undertaken by the churches and probably this broadening of church activities is, as it should be, a growing movement. In Bangor, Me., a few weeks ago, one of the Young People's societies of Christian Endeavor devoted its regular meeting to the subject of playground work. The attendance was unusually large, and the principal address was made by the supervisor of the Bangor playgrounds, who showed in how many ways the young people of the churches could aid the

movement. Speaking generally, such meetings as this are doubtless one of the best ways to vitalize church organizations.—*The Survey*.

Much of the land in New England is fit only for forests, but the white pine, the most valuable of all American timber trees, will grow there abundantly if it only has a chance. The members of the New Hampshire Forestry Commission believe so thoroughly in the value of planting these trees that they have established a state nursery at their own expense. Seventy-five thousand pine seedlings have been planted. The young trees will be sold at cost to those who wish them. Vermont has a state nursery, established at a cost of only three thousand dollars, from which a million seedlings were distributed this spring.—*Youth's Companion*.

The recent breaking up for junk of the freighter Skidby, wrecked six years ago off Sable Island, is interesting as marking the passing of that "Ocean Graveyard." Since 1904 no vessel has been lost on the treacherous rib of sand that skirts the dangerous coast of Nova Scotia. Wireless telegraphy, improved charts and more lighthouses have robbed the sea of countless lives and millions of treasure. It would be almost impossible to set an estimate on the value of cargoes that lie at the bottom of the ocean off Sable Island. More than 250 vessels have perished there with thousands of human beings. Science is fast making the sea as safe as the land, and the air as safe as the sea.—*N. Y. American*.

Washington, June 14.—The Post office Department may soon be sending its special delivery mail by aeroplanes at a 100-mile-an-hour clip. Representative Sheppard, of Texas, today introduced a resolution giving the Postmaster-General authority to experiment with aeroplanes for the mail service. No money is appropriated, but Mr. Sheppard says the department has money it can use for this service. The Postmaster-General is directed to use Washington as a base from which to make his tests. The hawk that has perched on the towers of the Post Office Department building for years may be dislodged to make room for a landing place for the aerial mail carriages.—*N. Y. American*.

Holyoke's industries are so fine and so varied that Holyokers don't bother to keep track of them. We know we make the most beautiful writing paper in the world, the finest silks and satins, incomparable alpaca, choice wools, the best of plushes, fine cotton goods, the standard paper mill machinery of the world and famous boilers and pumps to say nothing of Charter Oak thread. In several other industries, Holyoke turns out standard products, and is by no means merely a paper city any longer. But few Holyokers know that the finest bath room fittings that are made are gotten out by the Church Manufacturing Company. They are finished with pyralin, a kind of celluloid that cannot be broken or scratched or spoiled, and that lasts in immaculate whiteness for years. They are not only sanitary, but beautiful.—*Holyoke Transcript*.

Circle of Whole-World Healing

Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world.
Would you be healed? Speak health to the world.
Would you be loved? Speak love to the world.
Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send to the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the World,—

Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole World Healing? No membership, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The Nautilus*. You join the Circle in thought only; no letters, fees, etc., are connected with it. You are free to secede when and how you choose.

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*.

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

Key Thought for Daily Meditation

*The soul refuses all
limits. It affirms in man
always an Optimism, never
a Pessimism.*

—Emerson.

Little Visits

A Cosy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

From a Great Woman:—

The editorial by Elizabeth Towne (in September number of *The Nautilus*) is very gratifying to me. It touches the vital points in what I am aiming to do, and with the help of others am in some measure accomplishing.—Very truly yours—ELLA FLAGG YOUNG, Superintendent of Schools, Chicago, Ill.

A Thank You:—

Thank you, thank you, thank you, for what you and "William" are doing to help humanity; the world is certainly better for you (plural) having lived.

With the help of cold water, a vegetarian diet and "new thought" I have been cured of cancer, (my mother died with it), after suffering with it several years.—IRENA Y. EDWARDS, Tulsa, Okla.

The Truest Judgment:—

I care not what the world may think of me, For venom'd darts of censure, words of praise, Neither help nor harm me, save that they make My own deficit, or advance, more clear. But what a little child may think of me I do care much; if he shall look upon me In wide-eyed, anxious questioning with cries—I stand accursed. For on that guiltless soul Reflects my inmost self; he judgeth true.

—IRENE L. MINER, Brant, Mich.

About the Woman Builder:—

July *Nautilus* has brought us many requests for pictures of Mrs. Smith's house, which she built. Some writer would like me to write for their individual benefit a book on fasting and hygiene! And a few write reasonable inquiries which I take pleasure in answering.

A long fast would never be needed if we lived correctly. If our disobedience to health laws have brought us where a long fast is necessary, then we should procure one or more books devoted to this subject, and thoroughly inform ourselves of the matter.

Mrs. Smith, after many years of experiment, finds that she has better health, and can do more hard work, on one meal a day than on more.

She takes this meal at five p. m.

She begins her day's work about five a. m. She is a very busy woman, having many unique projects on hand. She spends a good deal of time each day working in her garden. Her diet is chiefly of raw foods, fruits, nuts, and those vegetables which taste good in a raw state. Nearly everything goes through a food chopper. A proper combination of ground nuts, dates, raisins, and vegetables makes a very appetizing and nutritious dish. She never

eats anything except at this meal. She thoroughly chews each mouthful and enjoys her food as never before.—D. EDSON SMITH, 505 W. 17th street, Santa Ana, Cal.

Can Life Be Created?

If I understand aright, scientists tell you there is life in "everything" and always was life in everything. Metals, wood, crystals, gems, drugs, etc., must contain elements of life or aliveness else its good would be gone. I long ago settled in my mind that *all things* contained an element of life in harmony with its plane—whether metal or drug plane or higher. Then along comes the "new idea" that they can create life by a combination of this and that. Why not say they can create a different form of life by combining the already existent life principles contained in the chemicals in proper portions. Here it is in a nutshell: *If* there is life in all and everything there can be no dead matter in existence, therefore "creating life" can never be invented, can it?

The invention lies in combining atoms or life principle in such proportion as to create a complete and different form of life—does it not?

It can only be "created" in a different form by combining the already existent life in each chemical used. Nothing is dead. It is alive on its own plane of existence that is all.

The growth and birth and continued life of the human body is purely chemical and until as children we are taught in schools the chemical composition, action and proportions of food suitable for the human body's consumption, we cannot be perfect physically nor mentally.—ELLINORE J. MACINTYRE, Millside, B. C.

Greek and Rostand and Bugs:—

Please don't ejaculate "what, again, so soon!"—but really you are *such* a dear, pleasant reaction for me! Sounds selfish, doesn't it? Well, I guess that is what I am then—don't, however, love me the less for this admission! Let me explain—for weeks I've been studying hard, very, very hard, four or five hours a day—*Greek!* and it came about in this way. One day while reading a play of Aristophanes I came across a Greek word in one of the foot notes and was promptly filled with annoyance and chagrin at being unable to read it. I pondered a moment then the thought slowly evolved itself, "why, with a wholesome sort of effort on my part, can I not only read *that* word, but whole *books* of them!" Then I recalled what Longfellow said in that wonderful poem of his, of which I am so fond, "Morituri Salutamus"—that, "Cato learned Greek at eighty"—whereupon I thought, "well, at forty I'll see what I can do!" (Some people might suggest that "fools rush in, etc.")—but anyway I decided to take the chance, so I picked up the telephone and was soon in communication with a Greek instructor, making arrangements for a lesson every other day, since when I have been working like a steam dredge—and I *love* it. By the way, the play of Aristophanes I was reading, was "The

Birds," and as I read, I wondered if that was where Rostrand got the idea for his "Chanticleer." I suspect you saw it in Paris. I didn't get a chance to, myself. Then, to go from birds to bugs. I too am determined to "get used" to them, big and little—in comparison I guess I'll find Greek is easy! I certainly *did* enjoy all the rest of *Nautilus*, particularly your letter on page 48. It was delicious! Now, I'm looking forward to the September number.—M. LOUISE REDFIELD, Hartford, Conn.

New Thought in Omaha:—

Since you were here that second of July hot night, 1909, and gave us that splendid heart to heart talk, I have had many New Thought speakers in the Lyric. The first to follow you was Benjamin Fay Mills. Mr. Mills was here for three weeks. He came in November and after him Dr. Alex J. McIvor-Tyndall, who gave us over sixty lectures. Then the jolliest jollier that ever jollied jollies, Franklin Pierce Jolly from Joliet, Ill., came in April and after him Christian D. Larson's four lectures; following him Prof. S. A. Weltmer. After Prof. Weltmer, Henry Victor Morgan. Ruth B. Ridges of the Minneapolis Fellowship just closed a five weeks' course.

As a result of these various lectures there has survived a strong and wholesome new thought sentiment. There is no organized center giving the truth official channel through which to be presented to the public. There is as little desire in Omaha for a new thought church and a new thought creed and a new thought minister as any place I have ever seen; but Omaha is to be known hereafter as a live wire on the map of this great country—a city receptive to and living real new thought ideas and ideals.

There is in Omaha, an opening for capable New Thought voices, to come and deliver messages in consonance with the practical ideals of this philosophy. Our people here have not forgotten you, dear Elizabeth, and are anticipating your coming back to us. Can't you indicate through *Nautilus* a return date for Omaha? If there is anything that I can do to promote lectures in surrounding cities, I would be glad to make arrangements for you. Practical talks such as you gave at the convention in Nevada last year would be greatly appreciated by Omahans, and so if you contemplate another trip West, let me know and we will arrange the particulars for you.—ALFRED TOMSON, Lyric Theater, Omaha, Neb.

Walter De Voe's Prosperity Song:—

I have just run across the enclosed verses written to the tune "America." They are dated December, 1902, when money and friends both were scarce. But it was not long before I was so busy giving an equivalent for the money flowing in that I forgot to sing my Prosperity Hymn and you know when one once gets the habit of being prosperous it is hard to break it. We have read of men losing a million or so then when they were broke, borrowing ten to a hundred thousand and so investing it that they were soon millionaires. Unless such a

man loses his grit it is hard to put him down because he is born into the habit of wealth. He carries the air and mental atmosphere of a man of wealth and like Mark Twain's hero with an uncashable million pound bank note in his pocket, he has wealth thrust upon him.

If you think these verses will help any one to lift up his soul to the place of power where it belongs as a son of the Eternal, use them freely.

SONG OF PROSPERITY.

Tune: America.

*Money now comes to me,
Money now flows to me,
From every one.
Riches now stream to me,
Greed can not hold from me,
I am Prosperity manifest on earth.*

*I am a Prince of wealth,
I am a King of Health,
I am of God.
I draw all souls to me,
I draw all wealth to me,
I am Prosperity on every plane.*

*God prospers all my ways,
Enriches all my days,
With all His wealth.
Mighty Provider He,
Thus will He ever be,
I am Prosperity manifest from God.
—WALTER DE VOE, Cleveland, O.*

About Literary Work:—

You are possibly quite unaware of the fact that you've come to be a close personal friend of mine, but I can't believe my position in the matter one whit unique. Moreover, you are "spreading" among my immediate circle of friends. I have the hardest kind of time to keep any of your books for my own use, as while I am not in a position to set up a "new thought center," officially speaking,—I certainly do seem to be becoming one, quite outside my personal volition. It is one of the strangest—yet most significant—things about this new opening of myself to the wider and grander thought-life, that the more I "non-combat" the present states of belief of those around me,—the more do the most unexpected people gravitate toward me with demands for enlightenment! It often takes my breath away,—being a mere beginner,—to be appealed to by those far older and more mature,—to whom I have always looked up, as being far more developed, intellectually, than I.

Will you, some day, give a few pages directly to those of us who are earning a living by literary work? I try to hold myself responsive to all uplifting and developing influences, and to make myself "worth while," but now and then it seems as though there might be some way of aiding progress. For example, I once wrote a quatrain, with a good, clear thought in it. It went to exactly fifty places, some of which would have paid very little for it,—and finally landed with Harper's Weekly, at a price which I considered liberal after deducting all

previous expenditure for postage! Now, that verse was just as good when I began to send it around. Sometimes, I *do* polish over a MS., if new light on the expression comes to me. But I try to make my work as perfect in every detail of word and rhythm as is possible to me before offering it at all. In this case, however, the quatrain remained as first written,—having been “on the road” for three years. Understand, please, that I am not an entire novice in the matter of judging the market. The verse would not have been at all out of place in any of those fifty periodicals. Otherwise the experience of fifteen years of literary work would obviously have slid off me without having made its impression. Is there no clue that would save us time and this uncertainty? At the other extreme of experience is that of a poem which is in the Outlook, this week. I wrote it on April 21st, it was accepted and paid for on April 30th, and was evidently put in type at once, as the May 14th number was in our Public Library on Friday, May 13th. Yet I had no idea that the MS. was suited to that magazine, *more* than to any one of several others. I think they like my work, and that is all. But I have sent them—and received back—work *just* in their line,—of which I did not misjudge the quality, as it later met with acceptance—perhaps on the next trip out—from Harper’s Monthly, and its peers. You understand at what I am driving, don’t you? *How* can we save the enormous consumption of postage stamps, that eat up “de brofits” and *seem* to produce no return? I say “seem,” you see,—for I’m not sure, even now, that there’s not some underlying principle that requires this state of things. But tell us, of your kindness, and believe me, Most sincerely yours.—ALDIS DUNBAR, Erie, Pa.

Telepathy and New Thought:—

For the last twenty-five years the writer of this article in his practical work in “telepathy” has been making studies of the close sympathy that is manifested between “Broca’s convolution” and the cerebral centers that govern arm and hand and in particular the fingers and thumb as channels conveying emotional impulses. From personal experience and observation he is led to believe that as the body is only a medium for display of life’s forces, the “great force” being without, man became a speaking animal, due in part to the following reasons. Broca’s center grew and was enlivened by movements of members, above mentioned, by assumption of a more upright posture, and a better co-ordination of visual organs or channels, these not only making for self-preservation, but also for a more altruistic status, preservation or helpfulness to others. No doubt this observation is old, but as it is distinctly a part and portion of the new thought, it is well to bear it in mind, as emotional “telepathy,” with lack of words, we know from experience is projected and truthfully received in lower animal word as well as human. We call an emotion, experienced, thought, as it reacts on man or beast and produces certain muscular effects. In the recent January number of the *Nautilus* W. D. Wattles gives clear

and fluent conception as to why the speech area is developed on right or left side. But exception is taken to his statement, drawn from perusal of William H. Thompson’s “Brain and Personality” that only one-half of the brain thinks or is concerned in thought or knowledge, at least the experience of the writer of this article proves the contrary.

The old theory of conservation of energy shows that if matter is not, and there are good reasons for doubts now, force, at least, is convertible, starting at either end of the spectrum’s vibration. From this fact we draw the conclusion that mental forces work accordingly. We further know that ‘tis quality of brain not quantity that man desires. When the babe is born the molecules of its brain are unexpanded, except those that control or pertain to the involuntary nerve system. Some are born with a certain degree of refinement or culture, physical or mental, hence it is said “they take on easier” or are more receptive. Unlike the inanimate, animate matter attracts or repels according to distension of nerve or nerves and so acts mentally contrary to Newton’s law of mass and it is well, as man by so-called “delletent” extension and distension comes to know more of the creator’s love, particularly on the memo-spiritual plane. These statements are drawn from the writer’s “vacuum theory of matter” which he started to perfect twenty-five years ago and this “theory” seemingly holds good in explaining psychic, occult or astral exhibitions. From these few rambling remarks we gather the fact that not only the eccentric, feeble-minded or insane desire contact and effect it, but that the normal individual has controllable desires for the same. If it were not that the writer is highly electric he might ascribe it to so-called animal magnetism that these impulses are as they are. As it is he advances the idea of impulse due to certain “telepathic” electrical disturbances and things below threshold of consciousness. This is well borne out in man’s idealism and desire to know and hold communion with his creator. A soul of perfect love, imprisoned in the flesh and blindly, at times, gropes out towards the great unknown wherein resides that transcendent spirit of love that has woven a golden thread of compassion through every particle of matter the great cosmos holds. Evolution, of which the complete brotherhood of man is its final goal, is the plan, divine, of creator’s love, and kind and loving thoughts are its winged messengers of peace that unite man to man and through Christ to God.—H. S. LE VALLEY, Kankakee, Ill.

Suggestions for Self-Healing:—

Just a few words about your attempt to heal your stomach by new thought. I have just been reading your letter in September *Nautilus*, and believe that there are some points I can help you to get over.

I am sorry that you are “exceedingly anxious.” That is the first thing one must get rid of. When a desire becomes so great as to upset the perfect poise of soul necessary to self-healing, it defeats its own end.

Pressed Hard.

Coffee's Weight on Old Age.

When prominent men realize the injurious effects of coffee and the change in health that Postum can bring, they are glad to lend their testimony for the benefit of others.

A superintendent of public schools in a Southern state says: "My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak all over' feeling and sick stomach.

"Some time ago, I was making an official visit to a distant part of the country and took dinner with one of the merchants of the place, I noticed a somewhat peculiar flavor of the coffee, and asked him concerning it. He replied that it was Postum. I was so pleased with it that, after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal; the whole family liked it so well that we discontinued coffee and used Postum entirely.

"I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was as well and hearty as the rest of us.

"I know Postum has benefited myself and the other members of the family, but in a more marked degree in the case of my mother, as she was a victim of long standing."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

I am glad that you know even "something about denials and affirmations," but sorry that you are expecting to get anything out of them. When they are truly expressions of a mental state, they are great aids to results. *But it is out of your Divine Self that you will ever get anything.*

I am sorry if you think of new thought as a sort of nostrum or "treatment," that you should "give it another trial"—after a few days or a week! If you had a child whom you desired to cure of an established immoral habit, would you cultivate his nobleness of mind for a week or two or half a year and then, because he still lied or stole, lose your faith in education or await some outside stimulus to give education "another trial?"

New thought is not an application from out-

side, but a development of power inside. One must not look for its action to be like that of a drug or a poultice. Physical exercises develop the body only in nature-way and time; so spiritual exercises—attempts to arouse and use the often neglected powers of the Divine in you—must develop the soul before the body can reflect harmony with the Good—with God, the creative and immanent force. To get the soul into such harmony is the first attainment of new thought.

I am afraid you have been, in all your denials and affirmations—and probably in your Christian Science treatment—concentrating thought upon your stomach, the very last thing you ought to do. As to your denials: deny the power of evil; deny the power of organs and conditions to affect your peace; not in set phrases alone, nor in any set-time routine, but in your whole and constant atmosphere of thought. Your affirmations should be a life radiating Love, Peace, Health to *all the world*. Use any phrase that comes to you, but affirmations must be more than words. *Be sure that Love, Peace and Health are all that really exists, in you.*

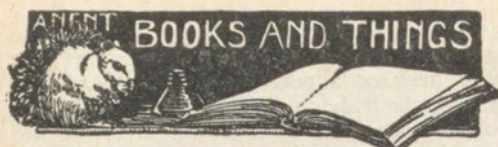
As to your Silence: in the silence, quiet every thought of self: forget—forget—forget your stomach, your needs, everything, until you get hold of *your Power*, your harmony with Good, so that you *send out* spontaneously, joyously, thought of Love, Peace, Health. Don't try first to send all the good inward. There is a great deal of the boomerang about new thought. Most of its actions are reactions. There is such a thing as a strenuous, self-willed silence. What you want to get is a silence perfectly relaxed, emptied of self, emptied of desire, emptied of sensation as far as possible, full of *utter peace*. The borderland between waking and sleeping is the most favorable ground for meeting one's sub-conscious mind.

Perhaps education and development are slower for a person past youth, even along spirit-lines; if so, that is but one more obstacle to be "loved out of existence." It has no power to disturb you. Forget it, with all the rest. The more you enjoy and love your new mental atmosphere and the less you bother about physical results, the better the results will be. And let me suggest that as you gain a point you teach it, or in the most loving and helpful way, *pass it on*. You'll get some of the fine boomerang actions of new thought.

I could say a great deal more about the sane and healing use of your stomach—my own stomach was at one time—but no, I never talk or think about it now. And I must not weary you. One word: *Eschew* medicines and *chew* your food. Get the Horace Fletcher books, they are just the thing for you, and enjoy them.

Believe me, I am full of the loving desire to help you realize a beautiful harmony of soul and body with the Good. I do not know where you are, physically speaking, but I am sending you Hope and Power with this letter. I am sure you will get them.—J. W. M.

Say you saw it in *The Nautilus*.



In this department we notice all cloth bound books sent us, and as many paper bound ones as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by S. Jay Kaufman unless otherwise signed.

—To those interested in foods and fruits Otto Carque's little booklet "Figs and Olives, their Nutritive and Therapeutic Value" can be recommended. Published by the author, 560 S. Hope street, Los Angeles, Cal. 10c paper, 14 pages.

—Gustavus Myers has written "History of the Great American Fortunes" which has just been put out in three volumes by Charles H. Kerr & Co. of Chicago. The history is something more than mere data of the men which are written of—it goes into causes and effects. These give you a greater insight into the conditions surrounding the men who made the fortunes, as well as a fascinating tale about their careers. Fiction has nothing more thrilling. The books are illustrated and nicely cloth bound. No price given. Each volume about 350 pages.

—Henry Victor Morgan, who is now organizing such a successful new thought work in Chicago, was at one time the new thought leader in Portland, Ore. It was under his auspices that I gave an address there to a large audience of Portlanders. I was born and brought up in Portland, and I am sorry it has lost Henry Victor Morgan and his work. Chicago is the gainer. Here's all success and usefulness to Mr. Morgan and Chicago. His headquarters are with Louise Radford Wells, Suite 850, McClurg Building, 215 Wabash avenue, Chicago.—E. T.

—Splendid philosophy, careful studies in physical psychology in fiction are two stories by Gertrude Capen Whitney called "I Choose" and "Yet Speaketh He." Both of the stories have much power and thoroughly commendable optimism. You will find the stories in themselves worth while, and all the more since they have this incidental philosophy. To the student of physics, or psychology, and the lover of fiction these handsome two volumes should be recommended. Sherman, French & Co., Boston, Mass. About 90 pages each, cloth bound, gilt top, deckle edge.

—Speaking of Oregon reminds me of the very beautiful book put out by the Portland Chamber of Commerce, advertising the Rose City and Oregon in general, giving a whole lot of very useful and enthusiasm-educing information. Many of the beautiful illustrations are printed in their natural colors, and compare well with the beautiful post cards that are printed in Europe. I think they will send you a copy on request. Read it and think of me! In our wanderings around New England Wil-

Puzzled.

Hard Work, Sometimes, to Raise Children.

Children's taste is oftentimes more accurate, in selecting the right kind of food to fit the body, than that of adults. Nature works more accurately through the children.

A Brooklyn lady says: "Our little boy had long been troubled with weak digestion. We could never persuade him to take more than one taste of any kind of cereal food. He was a weak little chap and we were puzzled to know what to feed him on.

"One lucky day we tried Grape-Nuts. Well, you never saw a child eat with such a relish, and it did me good to see him. From that day on it seemed as though we could almost see him grow. He would eat Grape-Nuts for breakfast and supper, and I think he would have liked the food for dinner.

"The difference in his appearance is something wonderful.

"My husband had never fancied cereal foods of any kind, but he became very fond of Grape-Nuts and has been much improved in health since using it.

"We are now a healthy family and naturally believe in Grape-Nuts.

"A friend has two children who were formerly afflicted with rickets. I was satisfied that the disease was caused by lack of proper nourishment. They showed it. So I urged her to use Grape-Nuts as an experiment and the result was almost magical.

"They continued the food and today both children are well and strong as any children in this city, and, of course, my friend is a firm believer in Grape-Nuts for she has the evidence before her eyes every day."

Read "The Road to Wellville," found in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

William and I met Mr. and Mrs. George Munn of Easthampton, and in the course of the conversation Mr. Munn told us he had seen this book over at the Springfield Board of Trade, and that it was the very handsomest thing of the kind which he has ever come across.—E. T.

—A new book by Grace MacGowan Cooke is just out. We are always glad to announce her work, but we are doubly glad to announce this book because it is one of the very finest things she has done. The title is "The Power and the Glory." It is, of course, a love story,

(Continued on Page 66.)

Say you saw it in The Nautilus.

THE TRIUMPH OF DRUGLESS HEALING

By Ralph Waldo Tyner, M. D.

Some facts about the development of Drugless Healing during the past several years—How the different schools have merged and blended their methods—The rise of Mechano-Therapy, the great eclectic school of Drugless Healing—Its wide scope and broad principles—How it has chosen the best, and discarded the undesirable features—Its peculiar and exclusive features—Demand for practitioners—Chances for ambitious men and women all over the country—The plain, practical and thorough instruction given—How to obtain a FREE illustrated book on the subject.

THERE has been a gradual evolution in the idea of Drugless Healing during the past ten years—a gradual drawing together of the two extremes of the movement—a gradual formation of a common basis of agreement and practice upon an eclectic basis, which the ideas of Mental Healing, Manual Therapy, and Hygieo-Therapy are blended and combined, balanced and adjusted, so as to form a most efficient and successful system of Natural Healing. This new system is moving rapidly forward, without "circus advertising" or sensational press-agent methods, and careful observers predict that during the next few years it will move to the first place in the list of the great healing systems of the age, leaving behind it the older and more greatly exploited schools and systems.

Fortunately for the health of the nations, in each of the three great schools of Drugless Healing were found liberal and advanced practitioners who, while holding fast to what was best in their own particular system, reached out for and adopted the best in the other systems. And, likewise, many liberal minds in the ranks of the orthodox schools of medicine were quick to appropriate the valuable features of the several systems of Natural Healing. And, others noticing the marked success of these advanced practitioners, were quick to follow their lead. And so, arising from these causes, there has arisen in our midst this great new eclectic school of Natural and Drugless Healing of which we have spoken, and which is making rapid strides every day toward the foremost place in the ranks of systems of cure. This great system is known as "Mechano-Therapy."

Mechano-Therapy is, first of all, an *eclectic* system of Natural Healing. The term *eclectic* is derived from the Greek roots, meaning "to select; to pick out." The dictionary definition is: "Selecting, choosing, picking out at will from the doctrines, teachings, etc., of others; not following or adopting the leading of others." And, thus, does Mechano-Therapy select at will the best features and methods of all the great natural schools of healing, while at the same time refusing to follow the *leading* of any particular school. These best features are then blended, balanced, adjusted and harmonized one with another, the result being a system which *combines the strong points of all systems, while eliminating the weak points of each.* Not being bound to follow implicitly the *leading* or theories of any particular school in order to be consistent, it is at full liberty to accept, reject, improve upon, adapt, and balance any particular feature, theory,

idea or method which it may meet with. It "takes its own wherever it finds it," and rejects that which is weighed in the balance and is found wanting. As a natural result it is able to, and does, make improvements, discoveries, and methods of its own, resulting from the practical experience gained by applying the eclectic methods in its extensive clinical work. The American College of Mechano-Therapy, of Chicago, Ill., the oldest and largest school of Drugless Healing in the world, is the center of this Advanced system of healing.

SUGGESTIVE THERAPEUTICS.—The school of Mechano-Therapy was among the first to recognize the wonderful value of Suggestive Therapeutics, and to apply its best methods in the treatment and cure of disease. Not being hampered by fanciful metaphysical theories and philosophical abstractions on the one hand, and orthodox medical prejudice against the employment of Mind-Power on the other hand, it was able to glean the wheat from the chaff in this great method of healing. Today it easily leads all the other schools of healing in its *practical application* of the Power of the Mind in the alleviation and cure of diseases of all kinds. Instead of giving its treatments in a hap-hazard manner, based upon the denial of matter or of the disease, it recognizes that the disease exists largely as a result of improper methods of thinking and living, and endeavors to readjust and reform the existing mental conditions. By practical experience it has devised the methods which will stir into activity the mental forces in the most efficacious and vigorous manner and in the shortest time. It searches for the *mental cause* of the disease, and then applies the scientific *mental cure*, without expecting or insisting upon the patient accepting any special metaphysical theory, doctrine or teaching.

MANUAL THERAPY.—The use of the hand in healing work is as old as the race. At the present time the various schools of Osteopathy, Chiropractic, Swedish Movements, Scientific Manipulation, etc., have a large following, owing to the efficient work performed and the marvelous results obtained. Mechano-Therapy makes an important feature of Manual Therapy—the use of the hand in correcting physical ills. The best principles are employed, and the most approved methods practiced. The teachings of Mitchell, Taylor, Virchow, Zabludowski, and other eminent authorities are practically applied. Scientific Manipulation is applied when indicated by the symptoms and nature of the disease. The most approved methods of Swedish Movements

are used. The valuable features of Osteopathy have been extracted and its impractical and extreme features eliminated. Mechano-Therapy recognizes the fact that *all diseases imply deranged functions of the circulatory system*, and, the nervous and circulatory systems being so closely correlated that it is impossible to determine as to which is the positive and which the negative factor of influence, by necessity, an impaired function of the nervous system; that an impaired circulation implies a predisposition to disease; that many chronic diseases may, under favorable conditions, successfully be cured by scientific manipulation; that man, being a machine, physical health as well as a balanced mentality, necessitates a harmonious adjustment of every part of the complex organism constituting man.

HYGIEO-THERAPY.—The established principles of Hygieo-Therapy are employed in Mechano-Therapy. Hygiene, or scientific living, is employed to insure that the patient be surrounded with an environment conducive to recovery. Dietetics, or scientific feeding, is carefully employed. Food, being the basis of all the phenomena of nutrition, and nutrition being one of the vitally physiological functions, the value of Hygieo-Therapy must be recognized. In the same way, the Mechano-Therapist recognizes and employs the most approved methods of Hydro-Therapy, or the Water-Cure. The various forms of hot, cold, tepid, alternated, pack, compress, Kneipp method, Kuehne system, etc., are employed when desirable. The importance of Scientific Breathing, etc., are realized and applied in this wonderful system. The most advanced principles are employed, and the most practical methods practiced.

DIAGNOSIS.—One of the most important of the special features of Mechano-Therapy is that of Simple Diagnosis. The practitioner, instead of being bewildered by mere outward and confusing *symptoms* goes at once right to the *cause* of the trouble, and is thereby enabled to apply the methods indicated. To his trained eye the evidences of the real *cause* of the disease are as an open book, and he is moreover able to distinguish and differentiate between similar effects produced by differing causes. Instead of being bewildered by conflicting *symptoms*, the Mechano-Therapist, by reason of his having fully mastered the fundamental principles of the functions of Circulation, Digestion, Nutrition, Assimilation, Elimination, Respiration, and Nerve Action, is enabled to detect the real *cause* of the trouble, just as easily as the skilled electrician is able to put his finger on the point of the telegraphic system which is making trouble over the whole line. And, having located this point of trouble, the Mechano-Therapist applies the approved methods of treatment of his school, many of which are entirely original with his college and all of which represent the result of systematized experience of many years of scientific observation and practical application.

DEMAND FOR PRACTITIONERS.—From what has been said it will be readily seen that there

must be an enormous demand for capable practitioners of this popular school of Drugless Healing. From all parts of the country is arising a call for capable and efficient Mechano-Therapists. From the smallest town* to the largest cities we find the need of men and women of this kind. This is one of the few professions in which the demand exceeds the supply. This condition, of course, will not always exist, but those who get into the field first will reap the golden harvest of the present opportunity. No matter what one's present occupation, it will pay him to seriously consider the splendid money-making possibilities in Mechano-Therapy for ambitious men and women. Here is a new and uncrowded field for improving one's social position and money-making powers. Hundreds of men and women in all walks of life have taken up the practice of Mechano-Therapy and many of them today are financially independent and have attained social prominence in the respective communities. Anyone of average intelligence and common-school education can learn Mechano-Therapy, and the earnings of the practitioner are limited only by the amount of time devoted to practice. With a good practice one should earn an honest income of say \$3,000 to \$5,000 a year. Among the ranks of the successful practitioners of Mechano-Therapy are to be found men and women who were formerly ministers, clerks, farmers, stenographers, telegraph operators, insurance agents, railway employees, in fact, nearly every former occupation is represented.

PLAIN AND SIMPLE INSTRUCTION.—The student of Mechano-Therapy does not have to devote time and labor studying Latin terms and obsolete theories—he is brought right to the *practical point*, and is taught to get right down to actual work from the beginning. He is aided by scientific charts, and scientific tables of information. Everything is simplified, instead of being made complicated and abstruse for the purpose of imparting foolish mystery and feigned knowledge. Mechano-Therapy is taught according to Twentieth Century Methods and not according to the customs of the Dark Ages. It is taught either in class or through the mails by *Correspondence*. One can learn it in his or her own home—and the cost is quite moderate and within the reach of nearly everyone.

FREE BOOK.—The leading men behind this great school of healing, wishing to spread information regarding their system, and in order to awaken public interest in its wonderful features, furnish at their own expense, absolutely FREE, to any sincere inquirer, an illustrated book entitled "*How to Become a Mechano-Therapist*," which contains information of the greatest value. YOU may obtain a FREE copy of this book by writing to *The American College of Mechano-Therapy* Dept. 265 120-122 Randolph St., Chicago, Ill., stating that you are a reader of NAUTILUS and have read this notice of their work. It will cost you nothing to possess this book, and its reading may prove the turning point of your career. Better send for a copy today, lest you forget it until it is too late.



SONG WRITERS and COMPOSERS

\$10,000 For a Song
Recently Paid

**Send Us
Your Song Poems
Complete Songs or
Musical Compositions**

Successful songs, etc., have paid their writers as high as \$30,000.00. Our experts will examine your work free of charge. If available we guarantee immediate publication, will secure copyright in your name, advertise your work among thousands of music buyers, and **we will pay you 50% (or one-half) the profits** from the sale of each copy. Bona fide proposition—hundreds of delighted clients—testimonials, guarantee, and contracts furnished.

**Send us your work to-day
Our advice is free.**

H. KIRKUS DUGDALE CO.
Department 233 Washington, D. C.
"The Big Music Publishers"



Please mention NAUTILUS when answering advertisements. See guarantee, page 5.



STRONG ARMS

For 10c in Stamps or Coin

I will send, as long as they last, one of my books showing exercises that will **quickly build up, beautify and develop great strength in your shoulders, arms and hands without any apparatus.** They are illustrated with twenty full-page half-tone cuts.

PROF. ANTHONY BARKER

373 Barker Bldg., 110 West 42d St., New York



WHITE VALLEY GEMS IMPORTED from FRANCE

SEE THEM BEFORE PAYING!

These Gems are chemical white sapphires. Can't be told from diamonds except by an expert. Stand acid and fire diamond tests. So hard they can't be filed and will cut glass. Brilliance guaranteed 25 years. All mounted in 14K solid gold diamond mountings. Will send you any style ring, pin or stud on approval—all charges prepaid—no money in advance. Write for Free Illustrated booklet, special prices and ring measure. **WHITE VALLEY GEM CO.,** 717 Saks Bldg., Indianapolis, Ind.

Want To Be Healed? OR Be A Healer?

THE NAUTILUS
NEW THOUGHT EDUCATION
TELLS HOW.

Dear Friends:—

You have been asking me how to get a thorough and practical New Thought Education.

I've been thinking it over.

Also I've been working out a complete new statement of new thought from A to Omega, which I am still further working out.

AND—

Out of all this thinking and rethinking I have evolved The Nautilus New Thought Education plan which will fill the want you have been expressing to me.

The course requires a number of books, and these I have selected from the best works of all publishing houses, regardless of race, color or profit mark.

These books we will supply you at regular publisher's retail rates, one or more at a time as desired.

This is the way to do it:

(a) Send \$1.00 as an advance payment on the books which you will require, and I will at once forward The Nautilus New Thought Education, including my special letter of instruction which tells just how to use the course to the best advantage, and how to fit it to your individual needs.

(b) The \$1.00 paid for this service will be refunded to you upon receipt of your first cash order for at least \$4 worth of books.

(c) Or better still, send \$3.00 cash at once and you may have the full \$3.00 in books at regular rates, and The Nautilus New Thought Education instructions will be sent to you free of charge.

ELIZABETH TOWNE, Holyoke, Mass.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Anent Books.

(Continued from Page 62.)

but it has to do with the affairs of people in Tennessee to whom your heart will go out. The story is that of a young girl who comes out of the mountains to the town to work in a cotton mill so that she may aid her people who are so very poor. How she wins out and how a wonderful love comes to her is told by Mrs. Cooke with an insight into things that is "ripping." This is the type of book that will do a great deal toward lessening the miserable conditions that exist in many of our big mills where children are employed. It is readable for its own sake, aside from the love interest and the sociological interest. The book is nicely illustrated, bound in blue cloth with illustrated cover. 373 pages, \$1.30, post-paid, Doubleday, Page & Co., New York.

—Harpers are publishing new thought books! Surely when new thought takes hold of the oldest and most conservative publishing house in America, things are looming up. And so we find the "Science of Happiness" by Henry Smith Williams, among the new books. They term it "A Message of Hope and Good Cheer for All of Us." They say, too, that "Dr. Williams holds that people work with greatest efficiency only when physically, mentally, and morally happy. He says 'The problem of happiness is the problem of problems for hod-carrier and psychologist; for the little child prattling at its mother's knee and for the old man tottering to the grave.'" Isn't that refreshing? The book is practical and useful. Dr. Williams treats of causes and effects in their relation to happiness, and his views on sound bodies, sleep, work, youth and other thoughtful matters are clearly the result of a life of keen thinking and doing. It is a valuable addition to new thought literature of the year. Its binding is a work of art. Cloth, gold top, 350 pages. \$2 net, Harper & Bros., New York.

—"Two Demands" is a breezy and delightful Southern story by F. Sydnor Cartmell—whose real name is something else entirely, and by whom we were entertained in her own charming home in Los Angeles. She is a true Southerner, and the story sounds like her. It is all about a real old Southern family; a boy who rebelled and went to New York and made his way, came back and married the little girl he had grown up with. Afterwards he finds out what real love is, and a year after his wife dies he makes his first demand for the new love. She refuses him scornfully. Bye

(Continued on Page 68.)

YOU OWE IT TO YOURSELF



to write now for our free booklet "D" given positions open and what we can do for you also evidence of hundreds of men and women we have placed in **Traveling Positions with good salaries.** Unlike other correspondence schools we make no charge unless you are satisfied we can help you. Tuition fee partly payable from earnings. **SCHOOL OF SALESMANSHIP, Inc.,** 1 Beacon St., Boston, Mass.

A Woman Should Never

Be Satisfied
Without.

Perfect Health
A Good Figure
A Clear Skin

She can attain these by Scientific Means in the Privacy of her Own Room

I WISH I could put sufficient emphasis into these words to induce any woman, whose health is not perfect, or whose figure does not please her, to write to me. My pupils are among the most refined, intellectual women of America. They are my best friends and the strongest possible testimonials for the value of *natural, hygienic principles of cure as opposed to the drug habit.*

At least one-third of my pupils are sent to me by those who have finished my work.

I no longer need to claim what I *can* do, because I *have done* it. I think I do not exaggerate when I say that I have relieved more chronic ailments and reduced or built up more women in the past nine years than any ten physicians; the best physicians of America endorse my work. I could fill hundreds of magazines with testimonials; the following from letters on my desk as I write, indicate a few ailments I have relieved:

"My weight has increased 30 pounds." "My kidneys are much better." "My eyes are much stronger and I have taken off my glasses." "I have not had a sign of indigestion or gall stones since I began with you." "I weigh 83 pounds less and have gained wonderfully in strength. I never get out of breath, the rheumatic twinges have all gone, and I look and feel 15 years younger." "Just think of it! To be relieved from constipation. Entirely free after having it for 30 years." "Have grown from a nervous wreck into a state of steady, quiet nerves."

If you are suffering from any chronic ailment, if your figure does not please you, or if you will tell me the particular difficulty you wish to correct, I feel sure I can help you. If I cannot, I will tell you so. Your correspondence will be held in strict confidence. Many a woman has surprised her husband and friends by improvement she has made by just 15 minutes a day in her own room.

I want to help every woman to realize that her health lies to a degree in her own hands, and that she can reach her ideal in figure and carriage.

I have published a booklet, "Health, Character and Beauty," which tells you how to stand and walk correctly, and gives other information of vital interest. This booklet has helped hundreds of women, even though they never studied with me. I will send it to you *free*, and tell you all about my work on request. Write *now*. If you do not need my work, you may be able to help a friend.

SUSANNA COCROFT,

Dept. 63-A 246 Michigan Avenue, CHICAGO



Style is in the Figure and Poise and Not in the Gown

Miss Cocroft's name stands for progress in the scientific care of the health and figure of woman.

HOW TO GET WHAT YOU WANT!

By Wallace D. Wattles

This splendid booklet, now in its third edition and selling faster than ever, has helped thousands to **FIND BETTER JOBS, TO GET LARGER SALARIES, TO INCREASE BUSINESS, TO ATTAIN HAPPINESS AND SUCCESS.** One friend writes: "I read it through every day for six months."

Price, 10 cents; given free with **MAKING THE MAN WHO CAN**, at 50 cents. Write for descriptive circulars of all Mr. Wattles' books; sent free.

The Correspondence School of Constructive Science

is the oldest New Thought School. Courses in Health, Success, Power and Domestic Happiness at \$2 each. The best financial course ever given, for only \$3. Send your address for full particulars. Address,

WALLACE D. WATTLES,

Elwood, Indiana

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.



Auto-Mental Healing

HELP YOURSELF TO BE WELL

Elizabeth Towne's Four Lessons on Health and Success contain detailed and effective instruction in regard to self-healing by mental and spiritual methods. Hundreds have found in these Lessons a powerful uplift to health and success.

These four plainly printed Lessons can be easily understood and applied. **Every line** is the outgrowth of Elizabeth Towne's personal experience. She has traveled every step of the way from poverty and sickness to health and freedom, and is telling others, through these lessons, how they may apply the same principle in their lives.

Read these records of practical results:

FROM AN ATTORNEY.

"I have found wonderful aid in my undertaking through the increase of power by concentration exercises, as well as the opening of the sympathetic channels between me and my fellowmen. This last phase has aided me wonderfully in securing the friendship of others."—(Name on request.)

GETTING FAT.

"I just love to have my friends come to me and say, 'Gee! you are getting fat!' Before taking up your Four Lessons I was so thin that people thought I was a walking advertisement for some undertaker. New Thought is transforming my life."

IMPROVED IN HEALTH AND SUCCESS.

"Your Lessons are certainly just what I need, and I am so glad to have found them. Have improved in health and success more in the short time I have practiced them than in anything else I have ever undertaken. I can see that I am growing in my powers of concentration."

Just Three Months Later: **"Feeling stronger and more successful all the time."**

GAINED IN WEIGHT—GOOD COLOR.

The following from Mrs. Josephine Wate Garrison, 504 The Ethelhurst, Washington, D. C., shows what an earnest student accomplished: "Received your Lesson D and have been faithful to the half hour of silence. I have gained several pounds in weight and have a good healthy color, and my friends tell me how well I am looking."

Clip the coupon **RIGHT NOW** and send with 2c stamp for interesting particulars, which will probably include what someone near you says about these lessons.

ELIZABETH TOWNE,
Holyoke, Mass.

Please send me full details regarding your "Four Lessons on Health and Success," together with "Interesting Experience of a Chicago Man" in using the Lessons. Stamp enclosed.

Name and
Address

Anent Books.

(Continued from Page 68.)

which he can easily determine how to think and how to act in order to get well, be well, and stay well. It is the outgrowth of the author's own experience, interesting as a story, concise, logical and usable as a text-book. The title is in itself expressive of its contents and intent—"THE SCIENCE OF BEING WELL." The new book teaches the Certain Way of thinking and acting which constitutes perfect health. By the right use of these principles, involuntary as well as voluntary functions are brought into harmony—which is health. "Scientists" of a religious order, and common-sense folks will find the book invaluable, because if you are already well it teaches you how to keep well, or if ill, it shows the way out. 155 pages, beautifully printed with special initials and cover design, silk cloth, author's portrait, price \$1.00, postpaid. Mr. Wattles' books are published by Elizabeth Towne.



WHY NOT BE AN ARTIST?

Our graduates are filling High Salaried Positions.
EARN \$25 TO \$100 PER WEEK
in easy, fascinating work. Practical, Individual Home Instruction. Superior equipment. Expert Instructors.
Eleven years' successful teaching. Financial returns guaranteed.
Write for particulars **FREE ARTIST'S** of fine instruments and
and Handsome Art Book. **FREE OUTFIT** supplies to each student.

SCHOOL OF APPLIED ART (Founded 1899)
A 88 Fine Arts Bldg., Battle Creek, Mich.

A BARREL OF FUN

and Vedic memory booklet **FREE**

"How to Read Music at Sight" 50 Cents

"How to Memorize Music" 10 Cents

MEMORY LIBRARY, 14 Park Place, NEW YORK

Free Tuition Scholarship

Carnegie College gives Free Tuition by mail to one representative in each county and city in U. S. **Normal, Academic, Civil Service and Business Courses.** Alg., Chem., Physics, Arith., Bookkeeping, Lit., Rhet., Phys., Geog., Geom., Shorthand, Lat., Geom., Methods, Gram., Penmanship, Bot., Geol., Zool., Hist., Com. Law. **50 other branches from which to select.** Cut out this ad, and mail with application for Free Tuition to
CARNEGIE COLLEGE, ROGERS, OHIO

Save Loose Teeth

If your teeth are loose and sensitive, the gums spongy, receding and bleeding, Call's Anti-Riggs will give quick relief and cure. Use it with new plates; 4 oz. bottle prepaid, 65c; 8 oz., \$1. Money back if unsatisfactory. Circular free. **CALL'S ANTI-RIGGS CO., 60 William St., Elmira, N. Y.**

SEXUAL LAW

AND THE

Philosophy of Perfect Health

Has helped thousands to better health and will show you how

YOU MAY HAVE PERFECT HEALTH.

Sent postpaid to any address for 10 cents. Address:

DR. C. W. CLOSE,
Department 8, Bangor, Me.

MUSIC LESSONS FREE

In Your Own Home

In order to make our home study courses known in your locality we will give you—absolutely free—48 or 96 lessons for either Piano, Organ, Violin, Guitar, Banjo, Mandolin or Cornet. In return we ask that you recommend our Institute to your friends after you learn to play. It matters not whether you are a beginner or an advanced pupil, the lessons will be made suitable to your need. It is not necessary that you know one note from another. The lessons are so simple and easy that any person or little child who can read English can learn them. You will receive one lesson weekly, and your only expense during the time you take the lessons will be the cost of postage and the music you use, which is small. Thousands have learned by mail and you can do the same.

You and your friends should take advantage of this wonderful offer without delay. Write postal card at once. It will mean much to you to get our Free booklet, which gives full information. Our lessons are marvels of simplicity. Photographs and drawings make everything plain.

Don't say you cannot learn music, but send for our free booklet and tuition offer. It will be sent by return mail free. Write today.

INTERNATIONAL INSTITUTE OF MUSIC
98 Fifth Avenue, Dept. 203C, New York City

Are Your Eyes Weak?



Then don't neglect them. If you suffer from headaches caused by nearsight, farsight, old-sight or astigmatism; if your eyes are weak and sore from strain, or if they are affected in any way, send for a ten days' free trial of

THE IDEAL SIGHT RESTORER

This simple home treatment has restored faultless vision and healthy eyes to thousands.

Its action is gentle massage that stimulates circulation and gradually restores the eye to its normal condition.

It is perfectly safe and absolutely harmless. Five minutes twice daily will, in a short time, render glasses unnecessary.

Remember the ten days' trial costs you not a cent unless you decide to purchase. Surely this is fair considering the immense value of your eyes.

Don't put off, but write today for instructive booklet No. 136 K, and testimonials and terms of 10 days' trial.

THE IDEAL COMPANY

134 West 65th Street,

New York City

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Let Us Send You FREE SAMPLES

of the celebrated

Ridgewood Woolen and

Worsted Cloths



for Men's,
Women's and
Children's Wear

Broadcloths, Suitsings,
Skirting, Trouserings,
Raincloths, Waistings,
Dress Goods, etc., etc.

We can prove to you the advantage of buying

Direct from the Mill

any of the above cloths. Samples show latest weaves, exclusive styles, our superior quality, and our mill prices show the

Large Saving to You

We have thousands of satisfied customers, because we give "best value" and save you all intermediate profits. Customers often save enough to pay dressmaker's bills. Prompt shipment of all orders and **Satisfaction Guaranteed.**

WRITE NOW FOR FREE SAMPLES, STATING GARMENT PLANNED AND COLOR PREFERRED. Price 64c. to \$3.50 per yard, 54 inches wide. And every yard a bargain. **Write us today.** We'll send Samples and lowest Mill Prices. We can save you money on High Grade Wash Goods and Linings.

THE RIDGEWOOD MILLS, 608 Main Street, Holyoke, Mass

SHORTHAND

The product of an expert shorthand reporter and teacher—NOT of a mere theorist. So simple that it can be learned in

A WEEK

Its inherent speed capacity is greater than the rate at which words can be articulated. Its writers are employed by the largest corporations and firms, are in the service of the

UNITED STATES GOVERNMENT

and are engaged in Law and Convention Reporting.

Write today for full particulars.

Paragon Shorthand Institute,

121 Coliseum Park,

New Orleans, La.

LESSONS IN LIVING



Containing Seventeen Chapters Giving a Complete Statement of the New Thought Philosophy and Practice as Burbanked

By ELIZABETH TOWNE

This book has been in course of preparation for nearly two years. The first draft of it took the form of seven Lessons for Students, delivered once in Los Angeles. Since then the statement has been slept upon, thought over, revised, and re-stated—in other words, BURBANKED—until it took its present form of Seventeen Lessons in Living. The following is a brief synopsis of the new book:

1. INTRODUCTION.—What a Narrow Mind Looks Like—Principles.

2. THE FOUNDATION OF LIFE.—The Sixth Sense and Beyond.

3. THE SEVEN PRINCIPLES OF CREATION.—Will and Wisdom—Nature of Matter—Words Idle and Otherwise—First of the Seven Principles, Force—Its Color and Office—The Second Principle, Discrimination—The Third Creative Principle, Order.

4. NATURE'S DEVIL.—The Law of Attraction, What It Is and How It Works—A Coincidence in the Life of Helen Wilmans—The Fourth Principle in Creation, Cohesion—Its Color, Nature and Office—The Fifth Principle, The Devil of Nature—Illustrations from Life—Why Old Age and Death Come—Discomfort—Resistance and Its Effect—Mental Feeling and Mental Concept—Belief in Evil.

5. TRANSMUTATION OF EVIL.—After the Devil—Personal Love and Universal—Walt Whitman's Love Affairs—What Jesus Said—Letting Go—The Sixth Principle of Life—Its Nature, Expression and Mode of Motion—The Seventh Creative Principle—Vibrations—Clairvoyance and Clairaudience.

6. THE NEW THOUGHT PLATFORM.—The Twelve Solid Planks Which Form the Premises of New Thought Reasoning.

7. EVOLUTION AND THE ABSOLUTE AND PERPETUAL LIFE.—Involution—Nirvana—Nature's Experiments—God, Man, and the Finishing Touches—Nature of Desire—Why You Don't Always Get What You Desire—Somatonic Death and the Nature of It.

8. COSMIC CONSCIOUSNESS.—How Attained—A Bit of History and Prophecy—Cause of Emerson's Softening of the Brain—Robert Fulton and His Dream—The Office of Mistakes—Making a Magnet of One's Self—A Story About Theodore Roosevelt.

9. HOW TO BECOME COSMO-CONSCIOUS.—Two Analogies—A Mental Cocoon and How to Emerge—The Time When Heaven Came After Death—The Heart—A Brief History of Cosmic Consciousness, and a Prophecy—The Three Truths Revealed by the Cosmic Consciousness—How to Convince Yourself.

10. TELEPATHY, A NEW VIEW.—How Men Communicate Without the Five Senses—What Happened to Bishop Taylor—Agreement—The Author's Theories About Telepathy and Disembodied Spirits—The Ethers and Vibration—Intuition—How to Use Telepathy—Personal Experiences—Second Requisite in the Telepathic Communication—A Mental Picture Photographed—An Illustration.

11. MENTAL IMMIGRATION.—Where Our Thoughts Come From and How They Are Stored—Unseen Environment—Mental Marconigraphs and How to Key Them—Emotions and Sympathies—God in the Highest—The Law of Attraction in the Mental Realm.

12. ACTION AND REST.—Positive Affirmation—Making Laws for Yourself, and Carrying Them Out—Inspiration and Expiration—How to Keep a Good Head of Vim—Running on Second Wind—Evaporation of Thought—A Polarizing Purpose—How to Choose Your Recreations—The Life of Poise—When I Slept for Three Weeks—The Results.

13. THE PRACTICE OF PROSPERITY.—When You Can't Choose—Your Infallible Guide—Using Tools and Making New Ones—What Education Does—The Symphony of the Successful Life—Treatment for Success.

14. THE PRINCIPLES AND PRACTICE OF HEALTH.—The Way to Illumination—Resignation, Consecration, Aspiration and Exultation—The Relation of Thought to the Body—What a Single Thought Can Do—The Effect of Trust—To Measure a Thought—What to Do With Thoughts That Cannot Be Banished—One Faculty Which Obeys You Unquestionably—Positive and Negative Attitudes of Mind—How to Use them for Self-Healing—Your Unseen Helpers—Reiteration—Faith, and How to Grow It.

15. INTERACTION OF MIND AND BODY.—How to Heal Yourself—Psychology and Physiology of Hard Feelings—The Cure—Specific Ways of Treating Disease—The Perfect Word—Relation of Blood to Thought—Scientific Experiment that Proves—Exercise of the Body—Breathing Exercises—A Unique Theory of Consciousness—What a Dream May Be—Fatigue Poisons and How to Eliminate Them—What Breathing Is—A Cure for "Weak Heart"—Insanity as a Blood Disease—The Four Sources of Blood Contamination—How to Heal—Fasting from Food—The Cause and Cure of Inflammations—When We Outgrow Eating.

16. HOW TO LIVE A PERFECT DAY.—How to Go to Sleep—A Treatment for Health, Happiness and Success—Retrospection—Where It Will Do the Most Good—How to Cure Insomnia—On Waking—A New Day—How to Plan for the Day—Gratitude and Progress.

17. THE SONG OF YOURSELF.—Lords and Mahatmas—What a Teacher Can Do—How to Grow in Consciousness and Power.

The book is uniform in size with "Pycheoma," with 185 pages, printed in beautiful, plain type on clean laid paper, with a new half-tone portrait of the author, bound in green silk cloth, stamped with a special design made by Emma Bell Miles. Price, \$1.00, postpaid. A copy given free for two NEW subscriptions to *The Nautilus*. Order of ELIZABETH TOWNE, Holyoke, Mass.

YOU CAN BECOME WHAT YOU WILL TO BE

If you give the body the material from which to create anew.

WHY NOT INVESTIGATE our sane, natural method of rebuilding the human body?

PERFECT NUTRITION—PERFECT LIFE.

WE BUILD BODIES

Patient No. 1095 wrote us after a few weeks' treatment: "I am very happy. Two hours' good sleep before midnight does me a world of good, and I only wake up once now at night. I sleep good, have no bad dreams or nightmares any more. **Before taking up this treatment I never slept before midnight**, and if I heard any conversation I was almost insane, and if I heard my father rattle a newspaper, I would want to scream. This was night after night. I would beg him to go to bed and have the house quiet. Now I do not hear him, and if anyone talks **I am sound asleep** and do not know it! I hope I have not made you tired with all this, but I am so happy and want you to know how much good has been done. I can truthfully say I have never enjoyed before such strong nerves, for I have never had good health and the past few years have been a wreck." This same patient, in a letter to **Louise Radford Wells**—which we enjoyed reading—**five months after stopping the Diet**, says: "I am so grateful to you for having told me to take the Milk Diet. I am sending you two little snapshots of myself 'before' and 'after'—(one of these pictures shows an anemic, delicate young woman weighing only 91 pounds; the other a plump dimpled, laughing, happy girl, weighing 120 pounds!)—'I am sorry I haven't larger photos, but as I have not, I thought these would give you a good idea anyway of the good Milk and Marfa did for a 'little girl' who has been sick so long. I told you I had been a broken-down nervous person for the past three years, which is perfectly true; but I have never known what good health, strong vitality, and strong nerves were, even before the final breakdown, so I feel the 'cure' has been all the more wonderful and miraculous. Why, Miss Wells, I have not taken a cathartic once or used hot water injections all during the diet or since—and, before! oh, dear, such **dreadful** times! I am perfectly satisfied with this treatment—can never say enough in praise of it, and I don't have to say much, for I am such a living proof that people can **see**, and seeing is believing, you know."

Patient No. 1215: "I am as round and nice, better than I expected. You remember I said I wanted my bust and limbs to grow more. I can't say it now, as I measure a little more than 38 inches around bust, no hollows around my neck, either. Never saw anything like it. My flesh feels so solid; was very flabby before I commenced this treatment." This patient gained from 129 lbs. to 145 lbs.

Patient No. 1001 came to us weighing 128 pounds; he left us weighing 146½ pounds.

Patient No. 975 came to us weighing 113 pounds. At the end of one period of treatment she weighed 128 pounds, and writes: "I beg to state that I will discontinue the treatment for the present, but if I find that my nerves trouble me again I probably will take another month's treatment later. I am feeling very much better. My skin is cleared nicely and I have improved in every way. I have everything good to say about the treatment, and do not hesitate to recommend it to my friends." Took the diet for nervousness, impure blood, run-down system and loss of flesh.

Patient No. 958 at the end of the third week wrote us: "This is the end of the third week of my treatment under you and it seems almost incredible that I have gained just **five pounds during one week**. The swelling has almost disappeared from my knee." The fourth week she writes: "I have gained another five pounds during the past week. I am, indeed, much better to look upon, and all the angles and corners in my chest and top of my shoulders are disappearing. **I am feeling fine and scarcely conscious of a stomach.**" At the end of the next week she writes: "People marvel at the great improvement in my appearance, and I am, indeed, well pleased, and greatly improved in every way. Several have commented upon the improvement in my complexion and I am told **there is a great change in my nervous condition**. Of that, however, I am fully aware myself, but it must be especially marked when others can notice it." Forty-five pounds in nine weeks!

Patient No. 903 came to us weighing 141 pounds. After he had been off Milk Diet two months wrote: "I weighed this afternoon and tipped the scales at 165 pounds, so you see I am holding on pretty well."

Patient No. 981 came to us weighing 128 pounds, and now weighs 142. She came for "obstinate chronic cough of ten years' standing; frequent attacks of biliousness, etc." Her reports read from day to day as follows: "Very good today—gaining strength." "Very much better today." "Much better, stronger and more like myself." "Fairly well—cough less." "A little better than yesterday." "Better and little stronger than yesterday." She says: "**I have received more benefit from this diet than from anything else.**" As an example of what the diet will do: On one of her days is the following: "Not very well—sick headache came about 3.00 o'clock, but I forced the milk down and **to my surprise the headache wore away.**" We want her with us a little longer (and she wants us), as a ten-years' cough needs more than a month to be sure it has been conquered.

The Milk Diet will cure ANY chronic disease with the possible exception of organic heart trouble. **It will add flesh at from 2 to 9 pounds per week**—or will reduce superfluous and abnormal flesh.

Send for our illustrated booklet—a **handbook upon Sane Rational Living**—with illustrations of perfect physical development and beauty—with full information of our methods, letters from dozens of patients, etc.

Our Home Treatment can be taken without interfering with your daily business or occupation. You have our direction and advice during the entire period. Disease need not be. Why not conquer it, mind and body acting together? Write to us.

THE MILK AND MARFA HOME TREATMENT, LOCK BOX 99
CHICAGO

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

ART LESSONS FREE!!!



A wonderful opportunity to a limited number who write at once. If you love the beautiful in life, you are an undeveloped artist. You need only slight training to develop your accomplishment. In order to prove the wonderful success of our exclusive methods, we will give away a limited number of full scholarships absolutely free. No need to leave home or your present employment. We guarantee to teach you with complete success, right at home, by mail. All we ask is that you devote a part of your spare time to these absorbingly interesting lessons. Hundreds of enthusiastic students and graduates prove the wonderful success of our methods.

\$20 to \$100 a Week Easily earned by competent artists. Demand for trained men and women greater now than ever before. We teach you every branch. Great artists your instructors. Same methods of teaching as are in use in the great ateliers of Paris.

WRITE NOW for handsome prospectus and Free Scholarship Offer. Don't wait a minute. If you want to know how you may achieve success and prominence through talents which you may not even dream you possess, then write for our Special Limited Offer today.

FINE ARTS INSTITUTE, Studio 2987, Omaha, Neb.



Arizona Ruby FREE
To introduce Our
Genuine Imported
Mexican Diamonds

We will send you FREE a genuine Arizona Ruby in the rough, with illustrated Catalogue of GENUINE MEXICAN DIAMONDS and other gems. Mexican Diamonds exactly resemble finest genuine blue-white diamonds, stand acid tests; are cut by experts, and yet we sell at one-fourth the cost. Only gem of its kind guaranteed permanently brilliant. **SPECIAL OFFER.** For \$500 deposit as guarantee of good faith, we send on approval, registered, either 1/2 or 1 carat Mexican Diamond at special price. Money back if desired. Write today. Agents wanted. Catalog FREE.

MEXICAN DIAMOND IMP. CO., Dept. 86, Las Cruces, N. M.



NO HAIR NO PAY

We grow hair on baldest heads. Only requires a short time to stop falling hair and cure any scalp disease. Enclose stamp. Particulars free.

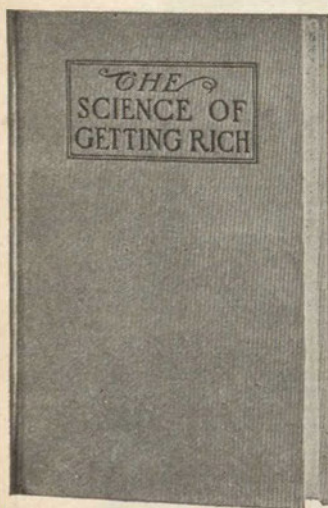
E. B. JACKSON & CO.
DEPT. F42 KALAMAZOO, MICH.

LEARN HOW TO ACQUIRE WILL POWER, SELF-CONTROL, CONCENTRATION, Memory and utilize the higher powers of your mind for practical purposes. Send stamp for booklet. **COUGHER MENTAL TRAINING SCHOOL**, Simpson Block, Kansas City, Kansas.

BE AN ACTOR
Actress or Orator
Earn \$25 to \$200 Weekly
Our course in Elocution and Dramatic Art is complete, thorough and comprehensive. It enables you in a short time to qualify for a good paying position on the stage or speaker's platform. Learn by correspondence the most fascinating and best paying profession in the world. Illustrated Book on Dramatic Art, free.
CHICAGO SCHOOL OF ELOCUTION 942 Grand Opera House, Chicago

MUSICAL ROMANCES

A book of four romances by Aimée Wood of New York, a woman of ardent temperament, a skilled pianist. The style is elevated, out of the ordinary; by a New-Thinker, well known. The book is in paper, 142 pages, price 50c. I have a few left which I will sell at 20c while they last. Fine gift book. Send today. **C. J. BARTON**, Sta. E. Kansas City, Missouri.



The Science of Getting Rich

By WALLACE D. WATTLES.

Want to solve the money problem as logically as you solve the problem of adding two and two? Want to learn to work in such a way that each act of each day would tend to opulence and plenty? Mr. Wattles' new book, "THE SCIENCE OF GETTING RICH," gives you the key.

This book was written by a man who has absolutely demonstrated what he is teaching. During the past year he cleared over \$3,000, and expects to do even better this year. Though practically without experience in writing, his stories are now being published in Smart Set, Munsey's, The Housekeeper, and other prominent magazines. His friends wished to make him mayor of his city at the last municipal election.

In writing this book, Mr. Wattles has sacrificed all other considerations to plainness and simplicity of style. The plan of action here laid down in this book was deduced from the conclusions of philosophy. It was thoroughly tested by the author, and bears the supreme test of practical experiment. **It works.** The author knows that it works, because he has proved it.

There is a preface to the book in which the author gives a bibliography and suggestions for use. This is followed by seventeen chapters, with not an unnecessary word in one of them. The last chapter is a summary, which is a masterpiece.

THREE PEOPLE ORDERED FIVE COPIES AND SAID:—

Dr. Shepard, of Brooklyn, wrote: "Send me six copies to be given away. It is a splendid book and will do an immense amount of good."

Mark G. Evans, a prominent attorney of Denver, wrote: "Enclosed \$5.00 for other copies. It should be read by every man and woman in the land."

Mrs. MacKenzie, of Bridgeport, Conn., wrote: "Enclosed \$6.00 for six copies. Dr. McLellen loaned me 'The Science of Getting Rich.' I read portions of it to five women and they all wanted one."

"THE SCIENCE OF GETTING RICH" is beautifully produced, printed from large clear type, on a fine quality of laid paper, with special fancy initials for chapter heads. Bound in a dainty color of silk cloth, 155 pages. Price, \$1.00. Address **ELIZABETH TOWNE**, Holyoke, Mass.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

CONTENTS:—

Preface—The Right to be Rich—There is a Science of Getting Rich—Is Opportunity Monopolized?—The First Principles in the Science of Getting Rich—Increasing Life—How Riches Come to You—Gratitude—Thinking in the Certain Way—How to Use the Will—Further Use of the Will—Acting in the Certain Way—Efficient Action—Getting into the Right Business—An Impression of Increase—The Advancing Man—Some Cautious and Concluding Observations—Summary of the "Science of Getting Rich."

"HEALTH, BEAUTY and HAPPINESS"

My latest book should be read by every woman. I will send it *free*. It has been declared by thousands to be the most original, unique and fascinating book ever written upon a subject of the deepest and most vital concern to every woman. I am anxious to have you read it yourself and see what you have to say about it. It explodes the fallacy that a woman cannot avoid her lack of beauty or of health, and points out many other truths in reference to building health, vitality and all-around physical perfection. In this book I have explained how and why every woman should be VIGOROUS and HEALTHY, and why she can be and *should* be BEAUTIFUL.

Ill health is not merely a misfortune; it is a *result*. The same is true of ugliness. Beauty, like health, is not a matter of good luck; it is a *result*. It is a matter of cause and effect, and I want to teach YOU why and how you can have exuberant health, a smooth, clear complexion, a charming personality and an exquisite personal beauty.

What I have done for Myself I can also do for You

It is not a matter of birth, for I was weak, puny and sadly deformed in childhood. I have overcome all of my weaknesses and deformities by my own natural, drugless methods. Millions of people have personally seen just what I have accomplished; they have seen in me a living demonstration of my unique system of health culture and body building. If you are weak, nervous, fat, thin, unshapely, tired, lacking vitality, or in other respect not at your very best, then I can be of service to you.

EVERY
WOMAN
Should Read
My Book

It will be a revelation to you, showing possibilities in you that as yet you have never dreamed of. Send 4c in postage to cover mailing.

ANNETTE KELLERMAN

Room 704

1133 Broadway

New York

Man's Spiritual Powers

And the many peculiarities of his elemental forces are dealt with in a queer, curious book, translated from the French, entitled

"The Irreconcilable Gnomes or Continuation to the Comte de Gablais."

Also a Sketch of the Justly Famous Books Known as the "Keys of Solomon the King" and the "Grand Grimore."

The books of Comte de Gablais are justly the most famous of all occult literature, for they are among the first of this class of literature. They contain a philosophy which embodies mighty truths of world-wide significance, and which cannot be found elsewhere.

Not long ago several of these books were translated into English and 100 copies printed for private distribution. We were fortunate enough to get several copies of this scarce work; and are now publishing it for the first time in America. The original work can hardly be bought at any price.

This book records a wonderful discourse upon the Secret Science between an exile who was a deep student of the *mysteries of life* and a "Prince Gnome."

The teachings of this book can have no money value to those who will study them deeply and find their real meaning. Our edition contains many valuable notes which will help explain the text.

For a short time only we will sell this wonderful book at *only 25 cents per copy*. This is just one-sixth of the price charged for the former copies printed in English. Send only 25 cents *today*. Address

The Philosophical Publishing Company, Allentown, Pa.

Mental Science Healing

EIGHT CLASS LECTURES

By Doctor Paul Edwards



Many of you remember Dr. Paul Edwards, the famous globe trotter, and his magazine and books, which were published in New York some years ago. In clearing out our storage basement recently I unearthed a few score of copies of Dr. Edwards' book of Lessons on "MENTAL SCIENCE HEALING"—the only copies in existence.

These Lessons keep in view one object expressed in the author's own words: "The ONE use of Mind that I shall impress upon your notice is that of healing—that is, the healing of sick people by the action of MIND upon their diseases."

PARTIAL LIST OF CONTENTS.

Disease, Its Nature and Cure—Magnetism and Electricity—The Effect of Mind Over Disease—Mental Healing—Various Uses of Mental Science—How to Practically Apply Mental Science—Relation of Mind and Body—How to Heal—The Stomach—Various Organs and Their Troubles—Nervousness—Insomnia—Relaxation, etc., etc.

The regular price of these Eight Class Lectures is 50c BUT read the special offer at end of ad!

American New Life is a quarterly magazine of health and progress, edited by William E. and Elizabeth Towne. Each number contains brief, practical helpful articles upon self-healing and self-development.

"LIFE" one full year. This offer is only good while the books last. Send today. Use the coupon.

CUT HERE.

To William E. Towne,
Dept. 1, Holyoke, Mass.

Please find enclosed 35c, for "Mental Science Healing" and "American New Life" one full year.

Name.....

Address.....

Reviews and notices of all the latest and best progressive books in each number. Books at bargain prices in almost every number. Don't buy progressive books until you see *American New Life*. Dr. Derolli, a Boston Astrologer, has a department in the magazine, containing daily predictions. In this department he tells what days are good, according to Astrology, for business, travel, social intercourse, writing, etc.

The September number contains "The Conquest of Worry," "Personal Influence and Personal Magnetism," (by Elizabeth Towne), "Three Days at Atlantic City," etc., etc.

SPECIAL—send only 25c NOW for "Mental Science Healing" and "AMERICAN NEW

CURE FOR ECZEMA

FREE TRIAL

(Also called Tetters, Salt Rheum, Pruritus, Milk Crust, Weeping Skin, etc.)

ECZEMA CAN BE CURED TO STAY, and when I say cured, I mean just what I say—CURED, and not merely patched up for awhile, to return worse than before. Now, I do not care what all you have used, nor how many doctors have told you that you could not be cured—all I ask is just a chance to show you that I know what I am talking about. If you will write me TODAY, I will send you a FREE TRIAL of my mild, soothing, guaranteed cure that will convince you more in a day than I or anyone else could in a month's time. If you are disgusted and discouraged, I dare you to give me a chance to prove my claims. By writing me today you will enjoy more real comfort than you had ever thought this world holds for you. Just try it, and you will see that I am telling you the truth.

Dr. J. E. Cannaday, 93 Park Square, Sedalia, Mo.

Reference Third National
Bank, Sedalia, Mo.

Could you do a better act than to send this notice to some poor sufferer of Eczema?

HEALTH-CULTURE SPECIAL!

HEALTH-CULTURE is a monthly magazine (\$1.00 a year) that teaches the art of building and preserving health, edited by Dr. W. R. C. Latson, a well-known authority and one of the brightest and most advanced writers of the day on the Art of Living. Opposed to the use of drugs, vaccination and needless operations.

HEALTH-CULTURE stands for higher ideals of life, better living and all that is implied by this. Its aim will be to make men and women better Physically, Mentally and Morally, to save the lives of children, adding to the length of life and to the value of human existence by increasing the ability to accomplish and enjoy. One of Life's Essentials is proper food. What to eat to meet the various conditions of life, what is best for the growing child, the active adult and the more sedentary aged, is a very important matter. The consideration of this subject is a prominent feature of HEALTH-CULTURE; but, as it cannot be considered fully, a work on this subject has been issued which admirably supplements the magazine.

HEALTH-CULTURE CO.,
499 St. James Bldg.,
New York.

Enclosed find 50c for Health-Culture for six months and "What Shall We Eat." Money to be returned if not satisfied.



DR. LATSON.

Use This Coupon Now

ADDRESS:

Name.....

"WHAT SHALL WE EAT?"

The Food Question from the standpoint of Health, Strength and Economy. Contains Numerous Tables showing the Constituent Elements of all Food Products and their Relative Cost and Nutritive Values, Time of Digestion, etc., indicating Best Food for all Classes and Conditions. By Prof. Alfred Andrews.

How food is digested, how it nourishes the body and what interferes with this, is presented briefly, and the work then takes up the food question in a most practical way, as is shown from the following greatly condensed

TABLE OF CONTENTS.

Comparative Table of food products and values, showing eight points, viz.: Time required for digestion; amount of refuse; amount of water; per cent of heat energy; of fat; of flesh and bone material; amount of salts and cost of the different articles. The list includes hundreds of the most common articles of food.

How Food is Used. The chief uses of food. What makes flesh and what makes heat and energy.

The Digestibility of Foods. What foods digest readily.

List of Foods for easy, middling and hard digestion.

Amount of Food Needed Daily for Different Conditions.

economy of Food. How to get the best food for the least money. Chart showing pecuniary economy of food.

Indigestion and Constipation. Diarrhoea and biliousness.

Food Combinations. What kinds should be used together.

An Economical and Nourishing Diet. For those who want to live economically and be well nourished.

Table of Protein and Carbohydrates.

Table of Articles having a high per cent of fat.

This work presents the result of hundreds of chemical analyses of food products. It contains the practical information found in many large volumes. Handsomely bound in leatherette. 50 cents.

SPECIAL OFFER—HEALTH CULTURE (\$1.00 a year) for six months to new subscribers and WHAT SHALL WE EAT both for 50 cents. Money will be promptly returned if you are not fully satisfied.

Address: HEALTH-CULTURE CO., 499 St. James Bldg., NEW YORK

CHRISTIAN HEALING and SPIRITUAL DEVELOPMENT

have been the practical teachings of UNITY at Kansas City for more than twenty years.

UNITY is a monthly magazine which stands independent as an exponent of Practical Christianity, teaching the practical application in all the affairs of life of the doctrine of Jesus Christ; explaining the action of mind, and how it is the connecting link between God and man; HOW MIND ACTION AFFECTS THE BODY, PRODUCING discord or harmony, sickness or health, and brings man into the understanding under the Divine Law of harmony, health and prosperity here and now. Every issue of UNITY contains lessons that are of more value than many dollars. UNITY is issued from a veritable pool of Bethesda. AND PEOPLE EVERYWHERE ARE HEALED FROM JUST READING IT. The subscription price is \$1.00 a year in United States. A sample copy will be mailed FREE to anyone making application. Address UNITY, "Unity Building," Kansas City, Mo.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Music Lessons Free

IN YOUR OWN HOME.

A wonderful offer to every lover of music whether a beginner or an advanced player.

Ninety-six lessons (or a less number, if you desire) for either Piano, Organ, Violin, Guitar, Banjo, Cornet, Sight Singing, Mandolin or Cello will be given free to make our home study courses for these instruments known in your locality. You will get one lesson weekly, and your only expense during the time you take the lessons will be the cost of postage and the music you use, which is small. Write at once. It will mean much to you to get our free booklet. It will place you under no obligation whatever to us if you never write again. You and your friends should know of this work. Hundreds of our pupils write: "Wish I had known of your school before." "Have learned more in one term in my home with your weekly lessons than in three terms with private teachers, and at great deal less expense." "Everything is so thorough and complete." "The lessons are marvels of simplicity, and my 11 year old boy has not had the least trouble to learn." One minister writes: "As each succeeding lesson comes I am more and more fully persuaded I made no mistake in becoming your pupil."

Established 1898—have thousands of pupils from seven years of age to seventy.

Don't say you cannot learn music but send for our free booklet and tuition offer. It will be sent by return mail free. Address U. S. SCHOOL OF MUSIC, Box 6, 225 Fifth Ave., New York City.

Instruments supplied when needed. Cash or credit.

A SCHOOL IS JUDGED BY ITS WORK AND RESULTS

SUPPOSE YOU CONSIDER THESE !

The Power Correspondence School

THE
SCHOOL



A Success School for Success Physical, Mental, Spiritual

OFFERING

NEW COURSES IN CONSTRUCTIVE SCIENCE

There is a demand nowadays for aid. People everywhere are asking for assistance that will show them how to make the most of their abilities—how to gather and use power. These people have ability, they have energy, they have ambition, yet there is something lacking. They lack the way to put their energies into use practically.

In response to this demand **THE POWER CORRESPONDENCE SCHOOL** is giving this aid. They have carefully considered the want, taking into consideration many thousands of actual cases, and have planned a series of courses that will exactly fit. The courses are not mere forms; they are supplemented by individual attention and give the student a wide latitude in which to express himself. And all at a cost so arranged as to be very easily met.

"I am glad I took the Lessons."—C. M. BELCHER, 12 West Eighteenth street, New York City.

"This is the plainest, simplest, most convincing and most encouraging instruction I have ever met with."—MARTHA H. FILER, Manistee, Mich.

"I enclose Lesson C. I find it very helpful. Glad I am taking the course. I am a business woman and need all the helps."—EVA HERRINGTON, Box 284, Hemet, Cal.

ITS
WORK



ITS
RESULTS

NEW YORK

MICHIGAN

CALIFORNIA

THE NEW COURSES

are by Wallace D. Wattles, whose career reads like romance. He has run the gamut of real life and knows the principle by which he evolved. He is pre-eminently a teacher who can show others how and inspire them with the will and wisdom to do.

He is assisted by competent instructors who give every detail personal attention.

THE WORK

consists of four courses, which can be mastered in six months of study and practice, though we advise ten

months instead of six. Half an hour to an hour a day is sufficient for the work.

With each lesson the student receives a set of questions which he is required to answer satisfactorily before proceeding to the next lesson.

His answers are examined by a competent instructor and the papers returned to the student with all necessary comments or corrections.

No extra charge is made for this service and great care is taken to direct the student that he shall get the highest results from his work.

OUR OFFER:—

The new courses in Constructive Science, by Mr. Wattles, are as follows:

1. Health Science.....	\$3.00
2. Wealth Science.....	3.00
3. Development of Talent.....	2.00
4. Supplementary Course in Marital Happiness.....	2.00

\$10.00

PRICE FOR THE FOUR COURSES
ORDERED AT ONCE.....\$6.00

A further discount of 10 per cent is allowed where the full payment is made with order. Payment will be accepted in instalments of \$2.00 down and \$2.00 a month. Enroll NOW. Get a start now for your Autumn work. May we add YOUR name to the list? Address orders and all correspondence to

The Power Correspondence School, Box 496, Holyoke, Mass.



CATARRH, ASTHMA CURED WHILE YOU SLEEP

Two or Three Cents a day if you are satisfied, and Nothing if you are not. Harmless, Convenient, Agreeable, Private, and Marvelously Certain. INHALANT is Discover of an Eminent Physician, improved by us through years of experience, and is Best in the World. INHALER is our Patent and is Best Ever Devised. Its cures of CATARRH caused patients name it, "THE LITTLE WONDER." Its cures of ASTHMA have looked like Miracles. By far the best for BRONCHITIS, HAY FEVER and Catarrhal Disease in every form a stage. Best Remedy for COLDS, and prevents Pneumonia. Cures or prevents DEAFNESS and restores LOST SMELL. LITTLE CHILDREN infallibly and easily cured. BREATHE it never fails to cure. Succeeds as nothing else can, because it is the Right Medicine

applied in the Right Way,—that is, CONTINUOUSLY. A healing Balm laid directly on the Sore Spot, whether in Nose Bottom of Lungs. Change of Climate without Change of Residence. Takes none of your time, does not hinder breathing, and may be regulated to any force desired. Needs no help from other medicines. A Triumph of Science and Common Sense. LONG TRIAL. Sold always under STRICT, LEGAL GUARANTEE, which would have ruined us long ago for the Astonishing Reliability of the Remedy. Write today, as you may not see this again; for never before has come to you thing so Wise in its Means, so Strong in its Proofs, so Easy in its Application, so Generous in its Terms, so Certain in its Result.

E. C. C. CATARRH-ASTHMA CURE,

3041 Van Buren Street, CHICAGO

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

You're Not Healthy Unless You're Clean INSIDE

And the one way to real internal cleanliness—by which you are protected against ninety per cent of all human ailments—is through **proper** internal bathing, with plain warm water.

There is nothing unusual about this treatment—no drugs, no dieting—nothing but the correct application of Nature's own cleanser. But only since the invention of the J. B. L. Cascade has a means for **proper** internal bathing existed.

Pending its discharge from our bodies, all waste matter is held in the organ known as the colon. This waste, like all other waste in Nature, is **Poisonous**.

And twice during each 24 hours every drop of blood in the human body circulates through the colon. Unless the poisonous waste is properly washed away, more or less of it is necessarily **absorbed** by the blood and carried to other parts of the body.

To accumulated waste may be traced the original cause of many dangerous ailments, of which appendicitis is one of the most common.

Naturally this poison in the blood weakens the system and produces that "run down" condition which opens the way for attack from countless diseases either by contagion or by natural processes.

Typhoid rarely can secure a foothold in the system of one who bathes **internally** as well as **externally**.

Indigestion, headaches, dizziness and, most common of all, nervousness—these are some of the distressing and life-shortening troubles caused by continued absorption of the poisons in the colon.

Only one treatment is known for actually **cleansing** the colon without the aid of elaborate surgical apparatus. This is

The Internal Bath By Means of the J. B. L. CASCADE

Prof. Metchnikoff, Europe's leading authority on intestinal conditions, is quoted as saying that, if the colon and its poisonous contents were removable, people would live in good health to twice the present average of human life.

Dr. A. Wilfred Hall, Ph.D., L.L.D., and W. E. Forest, B.D., M.D., two world-famous authorities on internal bathing, are among the thousands of physicians who have given their hearty and active endorsement and support to the J. B. L. Cascade treatment.

Fully half a million men and women and children now use this real boon to humanity—most of them in accordance with their doctor's orders.

ONE PHYSICIAN'S EXPERIENCE.

26 Jacobson Building, Denver, Col.
DEAR DOCTOR: Your "J. B. L. Cascade" received, and I have tried it in a number of cases. It is excellent. I can truthfully say that I have had the very best results in my experience with the "Cascade." I treat a great many chronic cases of wasting diseases, and I find ninety per cent. of them the result of impacted faecal matter. By the old method, one has to coax and persuade the patient to continue internal bathing; but with the "Cascade" it's a pleasure. Since I received the "Cascade," I have cheated the surgeons out of a good operation for appendicitis. Upon examination, every symptom pointed to an operation immediately, and in a few hours she would have been on the table, under the knife. You certainly have struck the keynote of many diseases. Sincerely Yours,

PROF. HORACE T. DODGE, M. D., Professor of Materia Medica and Pharmacology, Homeopathic College, Denver, Col.

LET DR. TYRELL ADVISE YOU.

Dr. Tyrell is always very glad of an opportunity to consult freely with anyone who writes him—and at no expense or obligation whatever. Describe your case to him and he gives you his promise that you will learn facts about yourself which you will realize are of vital importance. You will also receive his book, "The What, the Why, the Way," which is a most interesting treatise on internal bathing. Consultation with Dr. Tyrell involves no obligation.

Address, TYRRELL'S HYGIENIC INSTITUTE,
Dept. 131 K, 134 W. 65th St., New York

To Our Readers

Have you an article that you make, or a quantity of merchandise you want to dispose of, or a mail order business that you want to build up? Have you?

ADVERTISE IT IN NAUTILUS

A READER writes us about her one-inch soap ad: "I am receiving excellent returns from THE NAUTILUS. Have filled orders from twelve different states in consequence of it. I am not surprised, as my judgment told me for months to advertise in our NAUTILUS."—Mrs. ESTHER GOODALE, 31 Laurel St., Dorchester Center, Mass.

THE RIGHT COPY AND RIGHT GOODS WILL PAY !!!

We shall be glad to assist you in preparing your advertising. Send for rate card with letters from advertisers. Stock investment and objectionable medical advertisements barred.

OUR LOW RATES:

1 inch	\$4.00	1/2 Page	\$25.00
1 Page	14.00	1 Page	48.00
Back Cover (two colors)	\$65.00		
Inside Front Cover (two colors)	\$65.00		
Inside Back Cover (two colors)	\$55.00		

No advertisements accepted for less than half an inch. One inch will hold not over 80 words. No agate type used.

Forms Close 3d of Month
Preceding Date of Issue.

Address: ELIZABETH TOWNE, Holyoke, Mass.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.



MRS. J. C. CARR

LADIES
CAN MAKE
\$700 to \$2,000
PER YEAR

BY SELLING

SEMPRE GIOVINE

Pronounced SEM-PRAY JO-YE-NAY—Meaning "Always Young."



Price
50
Cents

THE QUEEN OF BEAUTIFIERS.

The great success that others have attained in selling SEMPRE GIOVINE may be yours for the asking. All ladies prefer to purchase toilet articles from a lady. Therefore, your field is unlimited. SEMPRE GIOVINE is one of the most widely advertised of face preparations. Therefore, you are not taking over the representation of an obscure and unknown article but one that holds a premier position today. Thousands no more gifted than you are, are making the money stated above. WHY NOT YOU? Write today for full particulars and generous sample free.

Address personally Mrs. J. C. Carr, Pres., Marietta Stanley Co., 75 Fourth St., Grand Rapids, Mich.



"Good Health"

In One Simple Exercise"

This is the exact title of a rather sensational article which appeared in *The Ladies' Home Journal* for March, 1909, concerning the book.

Hindu Yogi Science of Breath.

The *Journal* writer says this exercise, if we all followed it, would "make sickness a curiosity"; that it would prevent colds and pulmonary troubles, improve the quality of the blood, cure narrow chestedness, relieve dyspepsia, etc. The exercise referred to is called "Complete Breath," and is fully described in the book, "*Hindu Yogi Science of Breath*." This book fully explains the Hindu methods of breathing for health and strength. Deep, full breathing of pure, fresh air purifies the blood and carries away the poisons generated in the body by the process of digestion.

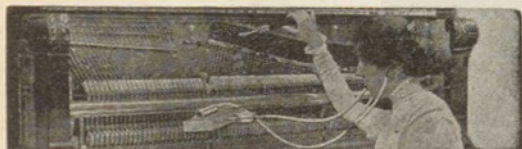
Breath is literally life. The habit of deep breathing means more life to most people.

"**THE HINDU YOGI SCIENCE OF BREATH**" contains sixteen lessons, making a complete manual of Oriental breathing philosophy.

PARTIAL LIST OF CONTENTS.

"Breath is Life"—Teachings of the Orient and Occident Compared—The Esoteric Theory of Breath—The Absolute Energy—The Nervous System—Yogi Teachings Concerning the Solar Plexus—The Solar Plexus a Storehouse of Prana—Its Location, Etc.—How to Breathe—Oriental Methods—How to Cure Catarrh—Four Methods of Respiration as Classified by the Yogis—The Yogi Complete Breath—How to Acquire the Yogi Complete Breath—Physiological Effect of the Complete Breath—A Great Promoter of Health—Yogi Lore—The Yogi Cleansing Breath—The Yogi Nerve Vitalizing Breath—The Yogi Vocal Breath—Seven Yogi Developing Exercises—Vibration and Yogi Rhythmic Breathing—How to Ascertain the Heart Beat Unit Used by the Yogis as the Basis of Rhythmic Breathing—Inhibiting Pain—Self-Healing—Healing Others—More Phenomena of Yogi Psychic Breathing—Thought Projection Forming an Aura—Recharging Yourself—Recharging Others—Charging Water—Controlling the Emotions—Transmutation of Reproductive Energy—The Grand Yogi Psychic Breath—Yogi Spiritual Breathing—Soul Consciousness—How Unfolded—The Universal Consciousness—How the Yogis Attain This Consciousness.

The price of "**THE HINDU YOGI SCIENCE OF BREATH**" is only 50 cents. Address: **WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.**



LEARN PIANO TUNING AT HOME by the aid of the TUNE-A-PHONE. A Profession that can be converted into money at any time or place in the civilized world at an hour's notice. Earn \$5.00 to \$15.00 per day. Valuable illustrated book FREE. Write **NILES BRYANT SCHOOL OF PIANO TUNING, 62 Music Hall, Battle Creek, Mich.**

YOU CAN

Secure Max O'Rell's immortal preachment on Luck, a guide to better living and greater achievements, artistically printed with fadeless green ink on celluloid tablet, cloverleaf ornamentation, designed for lifetime use, and just the right size for placing in pocketbook or cardcase for only ten cents. Mention *Nautilus* and my inspirational letter on Luck comes with it. Send today. Demonstrate Franklin like characteristics. Be on time. Arch Williams, Optimist, Box 214, Norwich, Conn.



FREE!!!

A valuable SELF-Healing Lesson formerly sold for 50c, will be sent FREE to all who enclose a STAMPED ENVELOPE. Address, **EDWARD L. GORE** (formerly Editor, "Occult Truth Seeker"), Box 200, Ruskin, Florida.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

WE MAKE HAIR GROW.

Hair Vim never fails where the roots are not dead. Stops itching, falling hair; removes dandruff. Leaves the hair soft and fluffy. 30 days' trial at half price; 12-oz. bottle, 50c. Money back if not satisfactory. **SMITH CHEMICAL CO., Cleveland, O.**

ASTHMA REMEDY FREE

Write me at once and I will send you by express a full size \$1.00 bottle to be paid for if it cures. Otherwise you pay me nothing and your word settles the matter. **D. J. LANE, 232 Lane Bldg., St. Mary's, Kans.**

Health, Peace, Power

If you desire to realize more of Health, Happiness and Success send for my little booklet, Radio-Mentation. It's free and will surely interest you. Write at once to **KATHERINE JARVIS CHENEY, Lock Box 538, Chicago, Ill.**

ASTRO-BIOCHEMISTRY.

This signifies a knowledge that the whole race must soon know. And Why? Because suffering humanity is lifting its voice for something more real than dying systems of poisonous drugs. Just 2c will bring my circulars to you, and their contents will satisfy fair minds this is no fake, fad or creed. On the other hand, I positively claim there are 12 minerals known as 12 salts of the earth and air, that will cure all mental and physical ills. Address, **A. J. STRAUGHAN, 820 Anderson St., Pittsburg, Pa.**

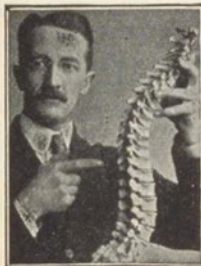
Send Birth Date for Free Birth Card.

The New Profession Be A Doctor Of Chiropractic

The most remarkable system of drugless healing ever discovered is the Howard System of Physiological Adjustment. It finally solves the cause of all diseases and their permanent and prompt cure. If you will study and practice the

Howard System

you can earn from \$50 to \$100 a week. It is a new profession, the field is world-wide, the demand for operators in this system far exceeds the supply. It enables you to detect disease at once, know the cause and remove it. It will make you financially independent.



\$575.40 In First 60 Days

Dr. Walter says: "I took in \$100 the first month after graduating, and \$474.50 the second, and \$500 the third month."

This new system is based on unchangeable, natural laws. Its results are positive. It is so simple that anyone with ordinary intelligence can learn it quickly. If you cannot attend our school in Chicago, we teach you at home.

You Can Learn It In Your Spare Time.

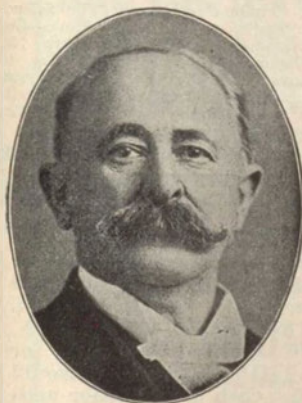
You receive the personal attention of the entire faculty. Be a Howard system graduate and you will achieve honor and reputation in your community. Don't hesitate about your career—the Howard system awaits you. Besides, you

Make Money While Learning

Write for our free book "How To Learn Chiropractic," together with proof of graduates' wonderful successes, and our special scholarship offer to the first student in your vicinity.

NATIONAL SCHOOL OF CHIROPRACTIC
801 Wendell Building, Chicago

Divine Healing!



OLIVER C. SABIN.

A 112 page book containing a series of Healing Lessons; telling how to heal the sick by the power of Prayer, Divine Science, Laying on of Hands, etc. The book is written by Col. Oliver C. Sabin, who has had years of practical experience in healing work.

The book is the outgrowth of his own practical work in healing, and tells just how to proceed to treat yourself and others by this new method which is attracting so much attention, even in the churches.

Send 12 cents now for a copy of this remarkable healing book.

Address, OLIVER C. SABIN, Box 374, Washington, D. C.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Make Your Own Table Syrup With

MAPLEINE

Granulated Sugar and Water.

Here is the Recipe: Two cups of boiling water, four cups of granulated sugar and one heaping teaspoonful of Mapleine. Thoroughly dissolve the sugar in the water, stir in the Mapleine and strain through a damp cloth. This makes one quart of delicious table syrup, which is ready for use as soon as cold.

It is difficult, perhaps, for some to see how any manufactured product can possess superior qualities to the natural product with which it is compared. To say that Mapleine is better than maple would not perhaps carry conviction to all readers of a magazine like the *Nautilus*. Therefore a demonstration is required.

Therefore we ask you to be the judge—obtain a bottle from your grocer and remember that we sell Mapleine on the complete understanding that if it is not perfectly satisfactory, or better still, completely to your liking, if made according to directions, it can be returned at our expense, and your money will be refunded.

A 2-oz. bottle costs 35c and makes 2 gallons of syrup. If your grocer can't supply you, write to

CRESCENT MFG. COMPANY

Sole Manufacturers

317-321 Occidental Ave., SEATTLE, U. S. A.



DR. SCOTT'S ELECTRIC HAIR BRUSH



Makes Long, Rich, Glossy Hair; Gives Freedom from Headache and Neuralgia; Prevents Dandruff, Falling Hair and Baldness; for Gentlemen also. Beware of imitations. My brush is packed in a neat box with compass to test power.

Try it 30 days; if not found as represented, return it and money will be refunded. Canvassing agents wanted. Write for our book on Brushes and Specialties. Dr. Scott's Electric Comb, 50c. Established over 30 years.

Price, Postpaid to Any Address, \$1.00

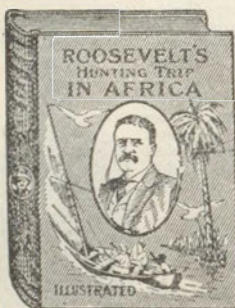
GEORGE A. SCOTT, 870 Broadway, New York

No Home Is Complete

without a cat, and the Short-Haired Cat is the most satisfactory. We have the best and some especially fine ones now. Prices from \$5 up. We also board your pets during the summer.

The Black Short Haired Cattery, Inc., Oradall, N. J.

ROOSEVELTS HUNTING TRIP IN AFRICA



One of the greatest books ever written.

It contains the thrilling adventures of other great explorers. Over 400 pages, hundreds of illustrations and photographs make this the most interesting book offered as a premium.

For one dollar (\$1) we will send you this book of books which also includes a year's subscription to THE STRATMUTH MONTHLY.

Address, **The Stratmuth Pub. Co. 2252 S. Sacramento Ave. Chicago, Ill.**

Save On Books

Isn't 10 per cent of your purchasing power worth saving? If you buy progressive books, just look into my rebate-coupon system.

Don't buy books until you see my book catalogue. The latest and best books on **Success, Personal Development, Hindu Philosophy, Names and Numbers, Dreams, etc., etc.**

Send postal for catalogue and special offers **NOW.**

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

Energy Increased Scientifically

How Mind sets Energy in action; Energy produced from one food element. Scientific discovery revolutionizes the food question. Nerves are the connection between Mind and Food Energy. Learn if your nerves are unobstructed.

Descriptive and Instructive brochure sent for 10 cents.

"What Hinders Mental Healing," for 10 cents.

NATURAL HEALTH SCIENCE CO.
Pasadena, Cal., U. S. A.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

AUTO-ELECTRIFICATION.

How to increase the electricity in the body any time, thereby regain and maintain perfect health. Relieve constipation, indigestion, and increase the vital force. Instructions, 50c. Circular for stamp. **WINSLOW W. CHASE, 66 S St., N. W., Washington, D. C.**

Can YOU Write Forceful English?

The ability to write **forcefully, convincingly and entertainingly** is at last within reach of all. My expert instruction, by an entirely new method, teaches you in the shortest possible time. Wonderfully **simple**, yet of the **highest practical utility**. A Godsend to the ambitious. Particulars for 1c stamp. Trial lesson for \$1.00. Address **INSTRUCTOR, Drawer 290, Holyoke, Mass.**

Grow Mushrooms

For Big and Quick Profits
Small Capital to Start
A Safe Business



I am the largest grower in America. Ten years' experience enables me to give practical instruction in the business worth many dollars to you. No matter what your occupation is or where you are located, here is an opportunity to acquire a thorough knowledge of this paying business.

Send for Free Book giving particulars and information, how to start, cost, etc. Address **JACKSON MUSHROOM FARM**
5821 N. Western Ave., Chicago, Illinois

CONCENTRATION

The concentrated mind owns itself. Do you own yours? All failures, all unhappiness occurs through lack of concentration. Concentration gives poise, and the well-poised life is the powerful one. It is always the master of conditions and circumstances.

Can you concentrate on any one thing for five minutes, shutting out entirely every random, stray tramp thought? Try it. If you can't, then you need "Concentration, Why and How," by

Julia Seton Sears, M. D.

Pastor New Thought Church, New York.

Freedom Talks, \$1.05; Grapho-Psychology (The Science of Success), \$1.05; Shells, from Life—Love—God (Poems), \$1.05; Concentration, paper 50c, cloth 75c, leather \$1.00; New Thought Healing, 25c; Key to Health, Wealth and Love, 25c; Truth About Woman Suffrage, 25c; New Thought's Answer to the Industrial and Economic Problems, 25c; Affinity and Infinity, 25c;

NEW THOUGHT PUBLISHERS

110 West 34th Street, New York

Anything to Sell?

We want to hear from every reader of NAUTILUS who has anything to buy, sell or exchange. Have you **REAL ESTATE** for sale? Have you a **BICYCLE, GUN, CAMERA, MUSICAL INSTRUMENT, or BOOKS, or ANYTHING** that you would like to exchange for cash or for other articles of value equal to yours?

We have a unique plan that connects the small trader with possible customers, and the one who wants to buy or exchange with those who are willing to "dicker." If interested write at once for full details.

Stella Stuart, Brooklyn, N. Y., says: "I am decidedly pleased with it. It brings me a large number of queries from just the class I want to reach."

Address, "Special," Care of THE NAUTILUS, Holyoke, Mass.

KOSMEO CREAM
The Cream of
All Creams
CREATES A SUN AND WIND
PROOF COMPLEXION

Prevents Chapping,
 Sunburn, Tan
 and Freckles.
 Excellent for Men After
 Shaving.



LET ME SEND YOU FREE

my 64-page book on the complexion and hair together with samples of Kosmeo Cream and Kosmeo Face Powder. Address

MRS. GERVAISE GRAHAM
 1486 Michigan Ave., Chicago, Ill.

ARE YOU A THINKER?

OR ARE YOU JUST DRIFTING
 ALONG WITH THE CURRENT

What is "New Thought?"

By Benjamin Fay Mills
 SENT TO YOU FREE

Just mention this magazine and do as we ask.

We will send you a sample copy of THE LARGEST MAGAZINE in its field, and this book, by Benj. Fay Mills if you enclose a 2c stamp and say you saw ad. in this magazine.

MIND

IS

EVERYTHING

DO
IT
NOW

THOUGHT

A Magazine of
 PRACTICAL PSYCHOLOGY

BE BIG ENOUGH TO INVESTIGATE
 ANY STATEMENT

Magnum Bonum Co.

4661 LAKE AVENUE, CHICAGO

Health, Strength and Beauty



Secured by using **ROBINSON'S ALFALFA-NUTRIENT** (the New Century Food Discovery). The Ideal Food Medicine for Brain-Workers, the busy Business Man or the care-worn, nervous woman.

ALFALFA NUTRIENT

makes thin people plump, rich, red blood that is life itself—the kind of life that gives the bright eye—the ruddy cheek and the elastic step of youth.

Why is Alfalfa such a blood, flesh and strength-maker? Because it counteracts the acidity of the stomach, aiding the digestion of the sugars, fats and starchy foods—the constituents for making blood and flesh.

The Human System is composed of fourteen elements, and when any of these elements are lacking in the system, **Disease sets in**, and the only **Natural Law of Cure** is to supply the deficiency and restore health.

Robinson's Alfalfa is Nature's Own Remedy, contains the **Identical Elements** of which the tissues, blood, nerve and brain of the system are composed and with which they must be supplied if Life, Health and Strength are to be maintained.

Sarsaparilla and most tonics thin the blood and make weak nerves. **ALFALFA** enriches the blood, makes strong nerves and is the greatest Re-constructive Curative Agent yet produced. More than a tonic—a builder—a revitalizer and rejuvenator of the entire system. Unequaled in the world of medicine for shattered nerves, and a run-down debilitated condition.

There is no experimentalism with **ROBINSON'S ALFALFA**. Contains no Drugs, Opium, or Poisons—simply supplies lacking elements and always acts the same—as much a specific for the disease as food is for hunger.

Cures where doctors with their Drugs and Opium fail—Anemia, Indigestion, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Sleeplessness, Nerve Depressions, all Stomach, Liver and Kidney Troubles, Malaria, Rheumatism, Locomotor Ataxia and all Blood and Nerve Diseases.

Sent postpaid \$1.00 per box (1 month's treatment); 6 boxes \$5.00.

TEN DAYS' TRIAL TREATMENT FREE.

A 25-cent package in plain wrapper with interesting 56-page Scientific Booklet, sent free for 4 cents postage.

First-class lady and gentlemen agents wanted.

ALFALFA CHEMICAL CO.,
 799 Unity Building, Chicago, Ill.

**Read what Elizabeth Towne says
 about the**

HYGIENIC COOKER & BAKER

"We are delighted with the Cooker. I don't see how anything can be more complete than this, and our vegetables and meats are far better when cooked in the Fireless. Not to mention the delightful sense of freedom from worry lest something burn down to the kettle, and the freedom from heat in the kitchen. I don't see how we ever lived so long without a Hygienic Fireless."



ROAST, BAKE, BOIL, STEW and STEAM

Send for our booklet by Edith Edgington, an authority on Fireless Cooking. Send us the name of your dealer.

STEPHENS MFG. CO.

314 Franklin Bldg., Buffalo, N. Y.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

I Want To Make 1000 Women Rich

I Will Furnish the Capital to One Woman in Each Locality and Start You in a High-Class Business from Which I Believe You Can Make an Independent Fortune Within a Few Years—Nothing Else Like It.

I MADE OVER \$50,000

In Two Years' Time, and I Will Help You Make Big Money, if You Will Start Today—You Do Business at Your Own Office and Own Your Own Business—Positively No Canvassing or Agent's Work—I Start You and You Pay Me Back Out of Your Profits—Write Me Today for Free Information on How to Make Big Money Quickly at Your Own Home—Those Who Write First Get the First Opportunity to Make Big Money.

I have made over \$50,000.00 in the last two years. I do not say this egotistically, but simply to show you what can be done. I believe that I have the greatest money-making opportunity that has ever been offered to women. So sure am I of this that I am willing to start one woman in each locality in business and furnish the capital myself.

You pay me back out of your profits. I have an enormous business in Paris, London and all over Europe and America. I have been awarded nine Gold Medals, three Grand Prix and the Grande Coupe d'Honneur by European International Expositions. I have what some people might call a monopoly, but I will share it with you. I cannot handle it all. Therefore, I want one live, energetic woman in each locality to go in with me. No canvassing or agent's work, but a strictly honorable, high-class office business.

I am sure that you will be greatly surprised at the way the money will roll in. You will probably never again in your whole life have another chance like it. No gentlemen need apply. I have decided to give this business to women only. I am a great believer in women and the ability of women to run a business, and I propose to give them this marvelous money-making opportunity only to persons of my own sex. Write me today for free information on how I made over \$50,000 in two years and how you can make big money at your own home.

Those who write first will be given the first opportunity to get the big money. Address **PRESIDENT, Paris Academy of Beauty Arts, Dept. 52A, Syracuse, N. Y.**

Get the Chautauqua Idea

Don't read at random. Read a definite course. Train your attention upon a group of related topics. Learn about "Democratic England" this year. A reading set of Magazine-teacher and four books, complete in itself. Four such courses of the Chautauqua cycle, read in spare minutes, will give the college outlook, renew the early vision of liberal culture, bring that comprehensive understanding of world movements which makes for personal efficiency. Course neither difficult nor expensive. Begin NOW. For particulars address,

**CHAUTAUQUA INSTITUTION,
Chautauqua, New York.**

LEARN ABOUT ENGLAND

SELF-KNOWLEDGE (Atma-Jnana). Cloth, \$1.00. Postage, 8 cents.

DIVINE HERITAGE OF MAN. Cloth, \$1.00. Postage, 8 cents.

REINCARNATION. Paper, 45 cents. Cloth, 60 cents. Postage, 5 and 7 cents.

BY SWAMI ABHEDANANDA.

JNANA YOGA (Part I). Cloth, \$1.50. Postage, 11 cents.

JNANA YOGA (Part II). Cloth, \$1.00. Postage, 7 cents.

RAJA YOGA. Cloth, \$1.50. Postage, 11 cents.

BY SWAMI VIVEKANANDA.

THE GOSPEL OF RAMAKRISHNA. Authorized Edition. With an introduction by Swami Abhedananda. Flexible silk cloth, gilt top, \$1.50 net. Postage, 7 cents. Leather, flexible cover, \$3.00 net. Postage, 8 cents.

SINGLE LECTURES, 10 cents each. Postage, 1 cent each.

**VEDANTA PUBLICATION COMMITTEE,
Dept. A-135 West 80th St., New York**

Is Your Hair Your Crowning Glory?

IF NOT, WHY NOT?



Personal appearance counts for much, and "Mrs. Rhodes' Great Hair Maker" will do the work and do it right. A sample testimonial follows:

"I met the other day a young lady who was once stenographer for us. She said: 'Oh, Mrs. Towne, do you remember the Hair Maker you told me of about a year ago—Mrs. Rhodes? I used it faithfully and now have fully twice as much hair as I had a year ago. I am sure I would have lost all my hair if it hadn't been for that remedy. Both my sisters have been using it, too, with most gratifying results.'—Elizabeth Towne."

Year's treatment with picture and information for \$1.00. **MRS. GRACE G. RHODES, Dept. B, Corry, Pa.**

P. S.—"Mrs. Rhodes' Great Hand Beautifier is par excellence for bleaching and softening the hands. Sent postpaid for 50c.

ARE YOU MARRIED or HOPING TO BE?

DR. FOOTE'S HOME CYCLOPEDIA OF SOCIAL SCIENCE & SEXOLOGY

COMPREHENSIVE—INTERESTING—INSTRUCTIVE

The only thorough book dealing with the subjects of

LOVE, MARRIAGE, PARENTAGE, and SEXOLOGY

This book is certain to awaken thought in every reflective reader; every page bristles with facts about self and sex and their relation to life and health. It imparts the information in a clear and wholesome way. It ought to be in the hands of every husband and wife, or those who ever expect to be either. It is written by a specialist of 50 years' practice. It contains 1,348 pages; 330 illustrations from color plates and half-tones; cloth bound. It is endorsed by Physicians, Teachers, Clergymen, Lawyers, and others in all parts of the world. Send TO-DAY for our FREE descriptive booklet with table of contents, opinions of people, and other interesting matter, and also for our SPECIAL OFFER, Regular Price \$2.00. **MURKAY HILL BOOK CO., 123 East 28th St., New York**

BE A SALESMAN EARN WHILE YOU LEARN

We place our Students in Positions for Practical Training where they can earn \$100.00 per month while studying. Be a Trained Salesman and earn from \$1,200.00 to \$10,000.00 per year. Positions now open. Address nearest office. **THE PRACTICAL SCHOOL OF SALESMANSHIP, Inc., Dept. 15, New Haven, Conn. Cleveland, Ohio.**

VOICES MADE beautiful. Inferior, harsh, tuneless voices going to F and G with effort may take higher notes with ease, sweetness, power. There are many orators and Carusos undreamed of. Send stamp for reply. New book, \$1.00. **MME. GIRARD, 818 51st St., Drexel Square, Apt. 700, Chicago, Ill.**



FORMENTO

Makes

A Healthy Skin

The Secret of Beauty

A clear, healthy skin is now within the reach of everyone. There is no necessity for you to longer suffer the annoyance of a poor complexion, pimples, blackheads, etc., if you will use **FORMENTO**. It is more than ordinary ointment. **FORMENTO** is a scientifically prepared skin medicine and food. Its healing properties correct the disordered condition, which causes red blotched, pimply, scaly skin, and make it flexible, smooth and clear, and give the glow of health.

FORMENTO

the Skin Ointment for all skin troubles not only reveals the secret of a soft, wholesome and velvety skin, but it is a remedy for all eruptive Skin Diseases. **Let us prove this to you.** Write today for our little folder on the care of the skin and enclose four cents in stamps for a small tube of **FORMENTO**, enough to convince you.

FORDHAM SCIENTIFIC LABORATORY
177 Liberty Building, - - Rochester, N. Y.

CONSUMPTION



BRONCHITIS CURED CATARRH ASTHMA

To all sufferers from nose, throat or lung trouble, we will mail, free and post-paid, liberal supply of Condor Inhalation in order to prove that it is possible to be permanently cured at home, without change of climate, loss of time or stomach dosing.

Do not neglect pain in chest or between shoulder blades, raising matter, constant spitting, lingering colds, hoarseness, chronic cough, tickling in throat, loss of taste and smell, flushed cheeks, night sweats, chills, fever, hemorrhage, hay fever, stuffed nose, foul breath, head noises, deafness, sneezing, shortness of breath, sense of oppression, choking, gasping, wheezing, failing strength, weakness, loss of weight, etc., etc.

Drawn through mouth or nose, this powerful, germ-destroying, healing, curative Inhalant reaches every part of the nasal passages, bronchial tubes and lungs—exactly where affected. Disease quickly disappears no matter in what stage, and health is restored.

FREE Write Today for Complete Trial, Illustrated Book and How to Get Well Without Taking Medicine, all sent absolutely free.
Condor Medicine Co., Dept. 48K Los Angeles, Cal.

The Eye and Its Disease

PROF. WILSON'S TREATISE ON EYE DISEASES SHOULD BE READ BY EVERY PERSON WITH IMPAIRED EYESIGHT. THE BOOK IS FREE.

EYEGLASSES NOT NECESSARY.

Every reader afflicted with any impairment of eyesight should not fail to send for this book. It contains 64 pages and cover and describes in language so plain and interesting the various forms of diseases of the eye and sure and safe methods of treatment that any reader of ordinary intelligence may fully comprehend every word.



The author of this Book is the inventor of "Actina," an instrument that is attracting the attention of people in all parts of the world owing to the wonderful results obtained from its use.

In the treatment of Eye diseases the author says:—"Nine out of ten persons wearing glasses might better be without them. Eye Glasses Do Not Cure. The defects that make them necessary can be removed in most cases by proper treatment. There is also no need for cutting or drugging the eye for most forms of disease—for the cause can be removed by a newer and more humane method."

The book also goes into full detail of the causes and effects of disease in general. It advocates a method in the treatment of disease that is based upon a humane and common sense principle. It contains the recommendations of hundreds of intelligent persons in every walk of life who have been cured. A free trial of the "Actina" is offered in every case.

If the reader is interested, write for a copy of this book. It is absolutely free; a postal will bring it. Address **ACTINA APPLIANCE CO., Dept 124E, 811 Walnut Street, Kansas City, Mo.**

WHY YOU SHOULD EAT

California Unsulphured Sundried Fruits and Nuts



Plato, one of the world's greatest thinkers and philosophers derived his wisdom from a diet of figs. No fruit is so conducive to health, so well balanced in food principles and so rich in body building elements as the black fig. There is no better fruit for children. It is easily digested and prevents constipation. It is far superior to candy and preserves the teeth.

Carque's California Sundried Black Figs

are packed in boxes of 25 pounds and 50 pounds net. Price, \$8 per 100 pounds. Freight or less weight to all eastern stations.

\$2.50 to \$3.00 per 100 pounds

Carque's California Sun Dried Olives are superior in nutritive value to canned or pickled olives. Price, 25c per pound, in any quantity from 10 pounds up. Can be shipped in connection with figs. Send Express or P. O. Money Order or Bank Draft. Read **Otto Carque's** highly interesting and instructive treatise, "**The Nutritive and Medicinal Value of the Fig and Olive.**" 10 cents a copy, postpaid. Descriptive Circulars and price list of other Pure Food Products on request. Send orders to **L. A. CONABLE, 560 S. Hope St., Los Angeles, Cal.**

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

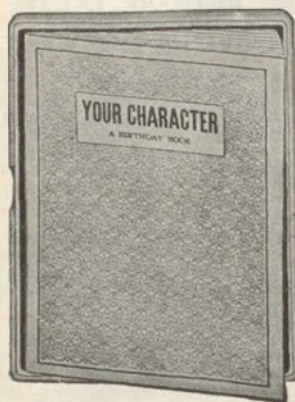
Your Character

A BIRTHDAY GUIDE BOOK FOR YOU AND ALL YOUR FRIENDS THE YEAR AROUND.

Written and Compiled by

Elizabeth Towne and Catherine Struble Twing

A GOLD MINE OF INFORMATION, INSTRUCTION AND AMUSMENT THAT NEVER FAILS



This is what **EACH OF THE TWELVE** sections of the book contains (one for each month of the year):

- (1.) A complete character delineation based on month of birth. (Every month in the year is included in the complete volume.)
- (2.) The good points, the faults, the personal appearance of those born for that month.
- (3.) The companions, occupations, gems, colors, sentiment, flower and musical composers which belong to them by affinity.
- (4.) A chapter of special advice by Elizabeth Towne, on How to Make the Most of that Sign.
- (5.) Beautiful character-building Great Thoughts from four famous people born in the sign—one for each week of the month.
- (6.) A page for autographs of your own friends born in the same sign.
- (7.) The volume contains eleven special, concise paragraphs by Elizabeth Towne, explaining the nature of the principles by which the book delineates character, and how it may be used to build character, health, happiness and success.

Catherine Struble Twing compiled, condensed and arranged the character delineations from the various authorities on the subject, plus her own insight.

William E. Towne explored for the 48 famous people, four for each sign, and made the choice of Great Thoughts suitable for our purpose.

Each Great Thought is a character-building meditation, and the whole 48 constitute a sort of zodiacal circle of high thinking, which is remarkable in itself. The twelve chapters of advice by Elizabeth Towne form another zodiac of illumination and inspiration to fit every kind of human need.

SOME OPINIONS:

"I have your little book and think it will interest and help many people. It is concise and full of good counsel. Success to it."—ELLA WHEELER WILCOX.

"I know nothing of the concerns of the zodiac, but I do know that I have tried this book on some of my friends, and that they all winced under the hits they got. Try it yourself."—EDWIN MARKHAM, in New York American.

"A most admirable specimen of book making along petite lines * * * They have put forth one of the daintiest, most attractive books of the season."—WORCESTER GAZETTE.

"Your Character" is printed on rich 80-lb. deckle edge paper, Chippendale covers, with new imported tissue jacket. Packed in dainty white fleur-de-lis box, with gilt band around edge.

The price is 75 CENTS PER VOLUME; two copies for \$1.25; four copies for \$2.00. A few special copies, bound in limp leather, price, \$1.25; postpaid and well packed. Send now to ELIZABETH TOWNE, Holyoke, Mass.

Some Uses For It.

The book is one you will want to keep at hand for the inspiration it affords.

You will want to read all your relatives' and friends' characters.

You will want to find out what famous people are character-kin to yourself and your friends.

You will want to give copies of "Your Character" to your friends.

You can't find anything prettier and newer for the money, and nothing old or new will "take" so well as this little book. Young and old are delighted with it, for the sheer fun of seeing how it "hits off" themselves and their friends.



I WILL MAKE YOU PROSPEROUS

If you are honest and ambitious write me today. No matter where you live or what your occupation, I will teach you the Real Estate business by mail; appoint you Special Representative of my Company in your town; start you in a profitable business of your own, and help you make big money at once.

Unusual opportunity for men without capital to become independent for life. Valuable Book and full particulars FREE. Write today.

NATIONAL CO-OPERATIVE REALTY CO.

E. R. MARDEN
President

217 Marden Building
Washington, D. C.

MAKE \$100 A WEEK

IT IS A COLD FACT

Thousands of people are making more than \$100 a week in the profession I teach, suitable for either men or women.

Requires Only a Few Dollars and Spare Time to Start.

Let me tell you FREE, all about a big paying business that can be started in your own home or one room during your spare time. The proof and FREE literature will be sent for the asking. Address:

McKEAN, Dept 333 2232 Eighth Avenue, New York

The Oriental Esoteric Society

Gives to its members **Elementary and Advanced Courses Of The United States Of America of Study** in Oriental Esoteric Philosophy and Occultism and the practical and theoretical philosophy of life. The **Young People's Section** meets the needs of those under eighteen years. The weekly **Bulletin of The Oriental Esoteric Center** is devoted to the propagation of the esoteric teachings and gives information on the best and newest literature; it will be sent for a time to all requesting it. The **Oriental Esoteric Library**, affiliated with the Society, loans books on Occultism, Vedanta, Theosophy, Oriental and other Philosophies and Religions, New Thought, Psychical Research, by mail, in all parts of the world, some free, others at a small rental; it imports and sells books on these subjects; juvenile department. Receipt from all departments devoted to the work of the Society and the Library. For information and advice address: THE ORIENTAL ESOTERIC SOCIETY, The Librarian, 1443 Q Street, N. W., Washington, D. C.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.



It combines a shirtwaist and two aprons. Think of it. Designed to be worn as a dress, but is delightfully comfortable worn over your good gown when you go into the kitchen. From the back it looks like a shirtwaist and skirt.

In the front it folds over on the lines of the Russian blouse, so much in vogue at present. It fastens up neatly at the neck, and looks as trim as heart could wish.

You can do all sorts of housework in the Baldwin garment. If the front of your dress is soiled when the front doorbell rings, you unbutton the belt, whisk the inside over the upper, and button it up again, and there you are with a spick and span clean dress on, ready for visitors.

trebled, with a view of supplying everybody who sees them!

Housewives, nurses, housemaids and others wear them, made of regulation percale. Artists wear them at their work. When Milady presides at the chafing dish, she wears it. And not only housewives use them. The same garment is adapted for many uses. Even the men wear them here! Butchers and grocers wear them, made out of freshly laundered white duck. You can depend that these spick and span butchers and grocers attract trade as well as attention. And there is a special edition of this garment which is highly appreciated by governesses, nurse-maids and saleswomen. Some people call this garment

THE BALDWIN FOUR-IN-ONE HOUSE DRESS

(Patented in United States, Great Britain, Canada, Germany and France.)

Get the Baldwin Garment Habit

The BALDWIN GARMENT can now be secured from the leading merchant in your town; or if he does not have it SEND US \$2.00 AND HIS NAME AND YOUR BUST MEASURE and we will send it to you, postpaid.

Made in high-grade percale, thoroughly washable, in grey and white nurses' stripe, black and white shepherd's check, light and dark blue chambray.

Money Back if You are Not Satisfied.

Address THE BALDWIN GARMENT CO., Inc., Dept 14, 279 High St., Holyoke, Mass.

**WRITE TODAY FOR OUR
SPECIAL AGENTS' OFFER**

START A NEW THOUGHT CENTER

OR A NEW THOUGHT CLUB!

We Will Help You.

ARE YOU INTERESTED IN NEW THOUGHT? WHY NOT INTEREST OTHERS? MAKE IT PLEASURABLE AND PROFITABLE. ORGANIZE YOUR FRIENDS INTO A NEW THOUGHT CENTER. IT WILL MAKE FOR HEALTH AND HAPPINESS ALL AROUND.

There are at least a dozen people near you who are **your** kind! So why not start a New Thought Center or headquarters where congenial people who are interested in these teachings can get together for meetings, for study, sociability, etc.? A place where helpful literature along these lines can be obtained. A hearty welcome will be given you by any of the centers listed on our inside front cover. Try it once.

If you are a worker and want to do something of this sort, or if you are already established as a teacher of new thought, be sure to write for our free special letter on the subject, and let us know if you want some free advertising. Address:

ELIZABETH TOWNE, Holyoke, Mass.

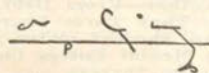
X-RAY KATHODOSCOPE.

Latest pocket curiosity. Everybody wants it! Tells the time on watch through cloth. Apparently see your fellow, best girl or any object through cloth wood or stone, any distance, all climates; lasts lifetime; always ready for use. Price, 25c. stamps or silver

KATHOS CO., 318 Temple Court, N. Y. City

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Shorthand



Easy lessons that you can study right at home. Use some of your spare time for a few months and you will find it a paying investment. A good stenographer is pretty certain of employment in any city. Shorthand is one of the best stepping stones to future business success. My personal attention to each pupil. Years of experience myself as a practical stenographer. **You will be surprised** to know how little it costs for this complete course. Full details free. Write your name and address here **NOW**, clip coupon and mail to me:

CUT HERE.

To William E. Towne,
Holyoke, Mass.

Please send full information regarding your 14 easy lessons in **Shorthand**.

Name and

Address

If you would have a **Beautiful Complexion** in ten days, send 25cts. to Mrs. P. MIDDLETON, PEWEE VALLEY, KY., BOX 4.

PROSPERITY

Through Thought Force

A Thrilling, Powerful, Practical Success Book

By BRUCE McCLELLAND.



Some years ago there lived in an obscure country town a poor book-keeper. He had a family—a wife and children—and earned only about \$80 a month. He was in debt. His friends were few, his health was poor.

To this man, then, there was born a New Idea—the idea that by developing thought force and controlling his mental powers he could gain success. So he set to work to put this idea into practice. The results were wonderful. At the end of the first year he resigned his position, and within 24 hours was offered a new one at a salary of \$100 a month. At the end of six months his salary was advanced to \$150 per month. Two months later he was receiving \$200 monthly.

At the end of the second year he went into business for himself. In one year from that date he had paid all his old debts and was \$11,000 ahead. Mr. McClelland attributes all this improvement in his condition to the practical use of thought force and the scientific development of strong mental qualities.

McClelland has now written out the most interesting story of his discovery and practical application of the laws of thought, and their relation to success. In his book "PROSPERITY THROUGH THOUGHT FORCE" he gives plain, complete rules by which you can develop your own latent powers for success.

This book is crammed from cover to cover with just the plain, practical information you need about the development and use of thought force. You will find the book a wonderful help to further advancement in business or social life. If you feel that "things are against you," or that you desire to climb higher, then study "PROSPERITY THROUGH THOUGHT FORCE."

Remember, this book was written by a man who knows the fight for life. From 7 to 37 he was in constant contact with the business world. His words are sound and practical, because he speaks from actual experience.

Here is just a brief outline of some of the subjects which the author writes about in this book—always speaking from his own practical knowledge, personal experience and observation.

CONTENTS:

Foreword—How the "Idea" was Born—What It Did for the Author—From Debt to Modest Fortune in Less Than Three Years—The Kind of Men Who Succeed—Why the Others Fail—Where the Mental Forces Come In—How to Use Them for Success.

The Secret Not in Physical Strength or in Education—The Condition of the Mind Attracts All Things—Self Can Be Strengthened—Force Can Be Added To—How Accomplished—How Mind Attracts Success—The Law of Vibration and How It Works—Personality—What Produces Results—Auto-Suggestion—How to Use It—How to Do Things Without Faith—When the Author Blacked Boots—Thirty Years Lost by Talking.

About Yourself and the Law—The One Thing That Can Hinder You—Consciousness, Subconsciousness and the Electric Current—Different Qualities of Mental Electricity.

Your Mind, Its Nature, Uses and Direction—Mind and Body—Passions—Aura—Sub-Conscious Mind the Magnet—Will, Affection, Emotion, Divisions of Love—When Others Avoid or Mistrust You—To Make the Right

Kind of Friends—Attraction, What It Does and How to Use It—How to Change Your Thoughts—Determination—Concentration—How It Affects Your Destiny—The Family Thought Atmosphere—Nervousness, Its Cause, and Cure—To Read Character—To Develop Courage—Before Going to Sleep—The Small Boy and the Bear—Your Highest Aim and How to Attain It—The Force of Life—How Personality is Made and Re-made—How to Control Worry, Anger, etc.

Physical Effort vs. Mental Attraction—Age no Bar to Success—Get Right and Success Seeks You, etc.

"WORTH \$1,000."

Mrs. Frank Beach, of Fort Collins, Col., writes: "I ordered McClelland's 'PROSPERITY THROUGH THOUGHT FORCE' for my husband, for Christmas. He says it has already been worth \$1,000 to him. He has read it through three times, and reads at least one paragraph of it each day."

ELLA WHEELER WILCOX

devoted nearly a page in the New York American to "PROSPERITY THROUGH THOUGHT FORCE." "Every word is true," she said. "Every word has been proven true by hundreds of people living today."

"PROSPERITY THROUGH THOUGHT FORCE" is a beautiful little volume, 160 pages, printed on antique laid paper, artistic initial letters for chapter heads, sub-heads, handsome title page, half-tone of the author, all bound in finest silk cloth in a new shade of mauve. A delight to handle it. PRICE \$1.00, POSTPAID. A copy given FREE for two NEW subscriptions to NAUTILUS at \$1.00 each; or for one NEW subscription and 60 cents extra. Address all orders to the publisher, ELIZABETH TOWNE, Holyoke, Mass.



.. THE YANKEE TRADER ..

A DEPARTMENT FOR ALL OF OUR READERS Who Wish to Buy, Sell or Exchange; something Better than A CLASSIFIED AD. DEPARTMENT.

COST

Only 3c per word for Ads in this department, cash with order and no discounts. No display. No Ad accepted for less than 75c; none longer than 200 words. Name and Address to be counted and paid for.

CLOSING DATE

Ads must reach us by the 3d of the month to secure insertion in issue of month following.

ADS BARRED

Stock Investments, Character Readings, Mediums and Matrimony Ads are barred. If you find a dishonest advertiser in these columns, let us know and the favor will be appreciated.

Address **THE NAUTILUS, Holyoke, Mass.**

BOOKS, MUSIC, POSTCARDS, ETC.

HEALTH CULTURE. New system physical culture; natural and common sense method. No apparatus. Few minutes in room daily. 25 cents, silver, now. If you want health get this book. Rufus O. Cavanah, Mechanotherapy, 400½ Upper 2d, Evansville, Ind.

SECOND AND ENLARGED EDITION. How to Grow a Luxuriant Head of Hair by natural methods, price 50c. P. O. or Express money order. No stamps. Satisfaction guaranteed or your money back. David Speer, Box 97, Rockford, Ill.

SUNNY SOUTH, Kodak Picture Post Cards, 10c each, 6 for 50c. Write today. Palmer, Mt. Pleasant, S. C., Box 49.

JUST OUT! New waltzes. Guardian Angels. Dreamy, swinging, fascinating. Price 50c. Enquire of composer and publisher. N. E. L. Lanich, 603 Third Ave., Baraboo, Wis.

JESUS THE CHRIST and his unwritten life from 14 to 30. A single lecture in booklet form which no one can afford to miss reading. Price, 10c. Address, Dr. C. E. Patterson, Grand Rapids, Mich.

WHICH? IMMORTALITY OR ETERNAL DEATH? Which are you choosing? Read "Immortality or Eternal Death," a booklet which explains much of the Mystery of life and death. It is a book for those who wish to live. Price, 10c, if you send now. Egyptian Publishing Co., Richland Center, Pa.

FLORIDA POSTAL CARDS. Learn of the beautiful scenery of our state. Fifteen cards, all different, for 25 cents, stamps or silver. Ye Old Curiosity Shop, Wauchula, Fla.

TAKE THE SPIRITUALIST NEWS. Thinkers read it for latest psychological progress of the world. Foremost writers contribute. 60c yearly. Sample 5c Editor B. B., Box 42, Boston.

GET OUR FOLDER and come in tune with yourself and the infinite. Fred Sutor, R. F. D. 5, box 921, Los Angeles, Cal. 15c.

600 WAYS to Get Rich, shows you how to start a profitable business of your own with or without capital. Price, \$1.00. Descriptive matter free. E. T. Matlock & Co., 68 Maury street, Nashville, Tenn.

"BEAUTY, BRAUN AND BRAIN," How to Attain and Retain Them by Nature's Own True Methods, 10c. "The Old God and New Humanity," an eye-opener, 10c. "Wrongs of Married Men," a royal "roast," by Lady Cook, 10c. "The Foundation of All Reform," a guide to health, wealth and freedom, 25c. All 50c. Catalogue free. A. W. Martens, Pub., N. O. T., Burlington, Iowa.

A LIMITED NUMBER of the Thought Science Book, "Life Primer," 400 pages, slightly soiled, will be sent, postpaid, for only 50 cents. "Creation by Thinking," 160 pages, 50c. Two valuable books for students. Dr. J. H. Taylor, 926 Main St., Hartford, Conn.

"HOW TO PUBLISH Your Book." This famous copyrighted work, free for a postal addressed to Broadway Publishing Co., 835 Broadway, New York. (Desk 18.)

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

MY CREED, a beautiful poem, by Mrs. Ella Wheeler Wilcox, printed on an ornamental cardboard. Motto will be sent by mail for 15c (silver), 2 for 25c, 3 for 30c, one dozen, \$1.00. J. M. Hill, Beechwood Park, Hollywood, Cal.

THE NEW BEAUTY CULTURE Magazine teaches New Thought beauty but advises reliable cosmetic aids for immediate realization. Fifty cents yearly. Sample copy, 5c. Stella Stuart, 1503 Nostrand Ave., Brooklyn, N. Y.

SUGGESTION THE SECRET OF SUCCESS, clearly explains that intangible, subtle force that makes one person obedient to every wish of another. Tells all about Personal Magnetism, Electrical Psychology and Hypnotism, giving exact, successful methods of procedure. 208 pages, \$1.00. Catalogue free. A. W. Martens, Pub., N. O., Burlington, Iowa.

OPTIMISTIC OPPORTUNITY Overcoming Obstacles, Duffograph man's little book of brain scintillations mixed with heart throbs and wit-flavored. The book for your boy. 25 cents. W. A. Duff, Ashland, Ohio.

"YOUR IMAGE LIVES WITHIN MY HEART," the sweetest song ever. Try it. Send 15c for copy today. Address, Irene L. Miner, Brant, Mich.

SMALLEST BIBLE on earth. Size of postage stamp. 256 pages of the New Testament. Illustrated, 10c; dozen, 75c. Frey Specialty Co., Chillicothe, O. Dept. N.

REMEDIES, ETC.

A SIMPLE CATARRH CURE that gives results; also quick relief for cold in head, hay fever, asthma, croup, etc. Colds lead to catarrh. Stop it now! Send 25c, stamps or silver, to Nostriola Balm Co., No. 4 Wheeling, W. Va., for sixty days' treatment. Sample free.

DEAFNESS. For one dollar I will tell you how I cured my Deafness, after ten years of unsuccessful treatment with the best specialists. "Simple and good." George B. Wallace, 71 Marshall St., Buffalo, N. Y.

WHY SUFFER WITH HAY FEVER? Nostriola Balm will open air passages, kill the germs and stop it quickly. Send address to Nostriola Balm Company, No. 4, Wheeling, W. Va., for free sample and see.

GET WELL. Orange Manna will make you well if you will give it a chance. It is the great natural cure for all chronic, wasting diseases, all grain and fruit, no drugs. Send for free samples and circulars. W. W. Knight, proprietor, 1649 Tremont Place, Denver, Col.

LOUISE FRANKLIN MINER, nerve specialist, occult scientist and magnetic healer. Nine years in Norwich. Correct diagnosis by mail, one dollar. Office hours: 1-4 p. m. Suite 1, Breed Bldg., Norwich, Conn. Telephone 660.

ECZEMA-PSORIASIS. Old sores and all skin diseases permanently cured within three weeks or money refunded. Write for particulars and testimonials. Sent by express on receipt of \$1.00. "23" Eczema & Skin Remedy Co., Hot Springs, Ark.

A BEAUTIFUL COMPLEXION is woman's greatest charm. Ladies of culture are recognizing the fact that hard water is injurious to the complexion and pure cold cream beneficial. Do not allow your face to become greasy, full of pimples and eventually pale and sallow through neglect. Insure your complexion by using Venetian Cold Cream. It is absolutely pure and a great skin food. Nature welcomes its assistance in keeping the skin smooth and beautiful. Jars, 50c and \$1.00. Morgan & Watson, New Haven, Conn.

SANITARIUM INSTRUCTIONS in Massage, Diet, Rest-cure, 50c, money order. Instructions for milk diet, dime and stamp. Mrs. Fred Sutton, 283 Dwight St., New Haven, Conn.

GALL STONES. I have a simple recipe that will get them in the most obstinate case, which I will send any sufferer for \$1.00. Mrs. A. A. Lamb, 121 W. 13th St., Davenport, Iowa.

WHITE VELVET face lotion gives one velvety complexion of infancy. Guaranteed under Pure Drug Act. 50c regular. Sample, 10c. Mrs. Grace G. Rhodes, Dept. B, Corry, Pa.

BROOKLYN-NEW YORK RESIDENTS: Have your spine adjusted and get well; any ailment; none hopeless. Simple, safe, sure. No drugs; no apparatus. Call, phone, or write. Prof. Bradford, Nerve Specialist, 32 Putnam Ave., Brooklyn.

MENTAL THERAPEUTICS combined with corrective and invigorating physical exercises. Specialty made of stomach trouble and constipation. Address, Katherine H. Carter, Box 695, Syracuse, N. Y.

"GRAY HAIR" restored to natural color by vegetable compound. No dye; ingredients inexpensive; easily made at home. Send stamped envelope for particulars. Dr. Adeline Noethen, 327-330 Arcade, Seattle, Wash.

BROTHER, accidentally on camping trip discovered root will cure both tobacco habit and indigestion. Gladly send particulars of this wonderful root. No drugs. L. C. Stokes, Mohawk, Florida.

THE BEST COLD CREAM in the world can be manufactured for 50 cents per gallon. Send 3 dimes for formula to Frank Fell, Libertyville, Iowa.

BUSINESS CHANCES, ETC.

LOCAL REPRESENTATIVE WANTED. Splendid income assured right man to act as our representative after learning our business thoroughly by mail. Former experience unnecessary. All we require is honesty, ability, ambition and willingness to learn a lucrative business. No soliciting or traveling. This is an exceptional opportunity for a man in your section to get into a big-paying business without capital and become independent for life. Write at once for full particulars. Address, E. R. Marden, Pres. The National Co-op. Real Estate Company, Suite 544 Marden Bldg., Washington, D. C.

FOR SALE, near Sacramento, Cal., one acre of land, with house, barn, well house, sub-cellar and new windmill. Buildings only two years old and all in excellent condition. Hundreds of berry bushes and berry plants, besides orange, lemon, fig, soft shell almond, eucalyptus and other fruit trees. Splendidly situated on high ground. Electric cars pass door. Present occupants of house are old and wish to come East to live with daughter. A real big bargain at \$900. Investigate this. For further particulars address, Florence N. Mansfield, 317 Richmond Ave., Buffalo, N. Y.

WRITE MOVING PICTURE PLAYS. Receive \$10 to \$100 for them. Send 2-cent stamp for prospectus. T. F. Letendre, Indian Orchard, Mass.

FLORIDA. Do you want to come to the heart of the orange-growing section this winter and enjoy our climate? I have positions in department store for two earnest new thought girls. Those born between September 23 and October 24 preferred. Age no bar. Address, P. O. Box 165, Wauchula, Fla.

SONG POEMS wanted for publication, with or without music. All subjects original. Our publishing proposition the best offered today. Eaton, Desk 65, 1370 Broadway, New York.

I'LL TELL YOU free of charge (if you ask) how to start a highly profitable, dignified, permanent business in your town practically without investment; success certain. I made \$30 weekly, spare time; you can do as well or better; ask today for my interesting book explaining. A. Neubauer, 109 Erie, Pa.

HAVE YOU A GOOD IDEA, formula, process or other valuable knowledge? Sell it by mail. Some make \$100 to \$1,000 monthly. Instructive booklet for stamp. Information System, 220, Marietta, Ohio.

GET A BETTER PLACE. Uncle Sam is best employer; pay is high and sure; hours short; places permanent; promotions regular; vacations with pay; thousands of vacancies every month; all kinds of pleasant work everywhere; no lay-offs; no pull needed; common education sufficient. Ask for free booklet 870, giving full particulars and explaining my offer of position or money back. Earl Hopkins, Washington, D. C.

RED-BLOODED SALESMEN WANTED. Proposition strictly high-class. Interests all business men. \$18 weekly and commission. Write for particulars. Fred G. Kaessmann, Salesmanager, Lawrence, Mass.

I HAVE probably the most valuable patent that has been issued for "10 years past." Will give one-half of proceeds to one who will furnish capital to promote it. G. R. Brown, Evans Bldg., Washington, D. C.

DANDY HOME BUSINESS. Collect names and other information for advertisers and manufacturers. Sell your ideas, formulas and knowledge by mail. Some make \$100 to \$1,000 monthly. Instructive booklet for stamp. Information System, Dept. N, Marietta, Ohio.

LIVE MEN OR WOMEN in every community to operate business at home. \$50 weekly. No capital. No canvassing. Spare time. I furnish everything to start. Free particulars. Voorhies, Desk M. X., Omaha, Neb.

YOU CAN MAKE MONEY selling our specialties for home, table and toilet use. Write Purnell Co., 144c Grant St., San Francisco, Cal.

WOMAN OF SIXTY, with disfigured face; owns home; has child; wants partner to help in home duties. Address, Mrs. N. E. Arnold, Hardwick, Vt.

A PERSON with some capital who uses Crutches, as a partner. Have a fortune for such. Address, I. M. De Pew, Palma Sola, Manatee County, Florida.

AGENTS WANTED EVERYWHERE. Perfection of silver and gold polish reached. Exclusive territory granted, wonderful results obtained. Send today for valuable proposition. Kuhne, Cutler, Florida.

FOR SALE. In Alabama, 25 Room Hotel, only hotel in town of 1,000 inhabitants. Northern colony, fine opportunity for any one wishing to combine health and income. Completely furnished. "Thorsby Inn," Thorsby, Ala.

INSTRUCTION BY MAIL.

SOMETHING FOR EVERYBODY. The Psychotherapeutic Society is a philanthropic co-operative movement, treating all diseases, chronic or acute. Stammering, Liquor, Drug and all bad habits. Reforming morals, prevents wayward boys and girls. Good habits and intellectual faculties phenomenally developed for success in business, professional and social life. A course in Physical and Mental training (Memory). The worthy poor free, all others at \$2.00 per week and up. Fees refunded if not successful. You take no risk, and we but little, as we are successful in 95 per cent of cases. After expenses are paid the proceeds go to establish a home for the aged and indigent. Address our secretary, Dr. G. R. Brown, Evans, Bldg., Washington, D. C.

SALESMEN AND SALESWOMEN WANTED. Thousands of good positions now open, paying from \$1,000 to \$5,000 a year and expenses. No former experience needed to get one of them. We will teach you to be an expert salesman or saleswoman by mail in eight weeks; assist you to secure a good position and you can pay for your tuition out of your earnings. Write today for full particulars and testimonials from hundreds of men and women we have placed in good positions paying from \$100 to \$500 a month and expenses. Address nearest office. Dept. 132 National Salesmen's Training Association, Chicago, New York, Minneapolis, Atlanta, Kansas City, San Francisco.

(LESSONS IN PRACTICAL NEW THOUGHT) for School Teachers by a practical teacher of many years' experience in elementary and higher schools. These lessons solve troublesome problems in discipline and character development, in practical ways not found in text books. Typewritten. Subjects: How to develop individuality (the great power), self-confidence, observation, concentration, clear and fearless expression. How to be what you want to be. 25c each. Coin, no stamps. Correspondence solicited. New address, Maie Blanche Doty, 313 West 46th street, New York City.

TO BEGINNERS, or any that are tossed about by discords and ills. "These directions for beginners, with six days' course of treatment," have helped thousands to a bigger, better, healthier, happier, more successful life. Two dimes. William Penn Book Co., Altoona, Pa.

LEARN BUSINESS LAW from McGruder's Laws of Commerce. My text, with lectures, mailed weekly. Complete course; small cost. Write me. M. A. McGruder, Sedalia, Mo.

I HAVE SOME New Thought lessons which will be of benefit to those in search of truth, and want some practical help. Written by myself. Six lessons for two dollars. Emma Thwing, 312 Center St., Newton, Mass.

LEARN THE PRINCIPLES OF GOOD POETRY. My splendid course of instruction is of great educational value. Price, \$2.00. Particulars for 2c stamp. "Instructor," Drawer 290-P., Holyoke, Mass.

DO YOU KNOW WHAT TO READ? Of the thousands of books published each year, few have permanent literary value. My instruction shows just how to select books of power—how to make your reading count for culture. Worth many times the cost because of life-long value. Price (complete), \$2.00. "Instructor," Drawer 290-R, Holyoke, Mass.

MISCELLANEOUS.

HAND DECORATED SATIN! for pin cushions, glove and handkerchief cases, book marks, etc., etc. All are artistically designed and for wedding, birthday or Christmas gifts have no equal. Sample cushion top, 9x9 inches, 25c. Send for catalogue. Markwell & Co., 499 12th Street, Brooklyn, N. Y. Dept. "D."

YOUR AD. in 100 magazines, 3c a word; list for stamp. Send Syndicate, St. Louis.

SEND 25c for sample box genuine California curios. Eucalyptus acorns for portieres, fragrant leaf pillows, exquisite abalone shell beauty pins. Money back if unsatisfactory. Mrs. Mary F. Haydon, P. O. Box 318, Los Angeles, Cal.

LETTER COPIER for sale, cheap. This is a first-class cylinder letter press. Letters are copied as fast as you could put them through a clothes wringer. No felt pads or oiled sheets to bother with. A bargain. Address Copyer, Box 496, Holyoke, Mass.

YOUR COMBINGS, or old switches, made into up-to-date braids, \$1.25. Puffs, 35c each; 10c extra for postage. Work and quality the best. No second grades. Cut hair and combings bought. C. R. Moment, 1120 Sacramento Blvd., Chicago, Ill.

AN INTELLIGENT, refined, middle aged lady desires position as companion to an elderly couple or an old lady. Best of references. Address, Box 821, Oklahoma City, Okla.

A REFINED ELDERLY LADY in Kansas would like a pleasant permanent home with a small new thought family where she could be useful and be appreciated. References. Address Mrs. Z., care The Nautilus Magazine.

500 NAMES in Texas towns classified and neatly written for \$1.00; 1,000 names \$1.50. Real estate men, retail merchants or private individuals. Specify. Address Elizabeth Noake, Box 628, Uvalde, Texas.

START A MAGAZINE for \$1; particulars and sample for stamp. Life Pub. Co., St. Louis.

MISSION VIOLET, dainty, fragrant and lasting, 10c a package, 3 for 25c. E. R. Newhall, 1300 Carroll avenue, Los Angeles, Cal.

TRUTH-SEEKERS are invited to affiliation with a constitutional organization having for its object psychic and ethical research, the improvement of human character and mutual assistance in ideal pursuits. Its teachings present Truth that is irrefutable, tend to destroy fanaticism and superstition and guarantee to every aspiring soul full satisfaction for both heart and mind. Its members are distinguished in degrees and united in lodges, etc. Send stamp for further particulars, to Dr. Alex. P. Riedel, 539 E. 78th street, New York.

THE IDEAL METHOD of Physical Exercise has at last been evolved. Strictly according to Nature; requires but 3 minutes daily; refreshes instead of fatigues. The system you ought to have if you value physical efficiency. Price, \$2. No apparatus or "extras." Particulars for 1-cent stamp. Holyoke Sales Co., Holyoke, Mass.

New Thought Practitioners

New Thought Center. Literature-Treatments in Mental Therapeutics. **MRS. LYDIA CORNWELL, SANTA BARBARA, CAL., R. Route No. 1.** Pacific 'phone 704.

Reading Class in Modern Mental Science. Free Library. Room 310, Whitfield Building, corner Baum and Whitfield streets, Pittsburg, Pa. For information in regard to classes, address, **MRS. CHARLES B. McLEAN, President.**

"**MRS. C. A. BARTHOLOMEW, LANSING, PA.,** experienced new thought teacher and healer. No charge unless patient is benefited. Careful attention to each and every letter."

Mental Healer. **ELIZABETH CHRISTIAN, 10 KEMBLE ST., UTICA, N. Y.** The mental treatment is supplemented by physical methods, which hasten the return of health.

National New Thought Center Loan and Trust Building, Washington, D. C. **EMMA GRAY and GEO. E. RICKER,** teachers and healers of over twenty years' experience.

CALIFORNIA SCHOOL OF METAPHYSICS. DR. LUTHER M. MARSTON, Healer and Teacher. Treatments for disease and business success. Mental Christian healing taught, **2299 West 20th St., Los Angeles, Cal.**

FREE!

A postal NOW will bring you a copy of our latest catalog. The edition is limited. **WALROND'S OCCULT PUB. CO., Dept. F9, ROCHESTER, N. Y.**



STOP LOSING YOUR HAIR

Science has proven the cause of hair falling out and dandruff is existence of tiny microbes. They resist ordinary washing or lotions; must be removed by Koskott Method. Then hair grows long, silk-like and luxuriant. Surprising results. No more need of false hair. Testimonials from ladies who write that in a few days hair stops falling and new hair

begins to grow. Investigate for yourself. For 10 cents silver or stamps, we will mail large book on how to save and grow hair,

also a full One Dollar box of Koskott, and legion of testimonials. All for 1 dime! Address:

KOSKOTT LABORATORY, 1269 Broadway, 464 B, New York, N. Y.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

Health and Wealth From Within



How to Practice New Thought for Health and Success in Your Life.

By WILLIAM E. TOWNE.

"The man who thinks about the real problems of life will not wish to miss the opportunity of reading **HEALTH AND WEALTH FROM WITHIN**, shorn as it is of all technical terms about which the novice knows so little.—SPRINGFIELD NEWS.

Man is naturally healthy. This book tells him how to realize his own innate health and happiness and harmony. It tells him how to awaken new powers within himself—or rather a realization of power already existing. This book was written with one fixed intention of stating in just as plain a way as possible, certain rules for thinking and living, which, if followed, result in health and harmony. This book was written for every-day use—not merely to be read by you, but to be used as a text-book for daily living.

This book is intended to help you to receive in your own life the benefit of right thinking. Like all earnest writing the book is but an extension of the author's own personal experiences in life.

PRESS NOTICES.

"Surely spring has come indeed, when one meets with such a soul message of rest as this. The book contains 22 new thought talks, many of which, if memorized and lived up to, would make this earth a heaven for those who live in it."

—PORTLAND OREGONIAN.

"A truly noble work, and worthy of the masters. In placing this precious little volume under the pillow nights, married people will awaken mornings materially refreshed; in effect amounting to an insured premium for being married."

—DENVER BALANCE.

"Your little book, 'HEALTH AND WEALTH FROM WITHIN,' is full of the real mustard, and is just what I want to send to a few young men who need a little stimulating along this line. Kindly send me one dozen copies."—HOWARD A. COLBY, Plainfield, N. J.

CONTENTS:

1. **HEALTH FROM WITHIN.**—All cures are Mental Cures—How Medicine Heals—The Right Mental Attitude in Which to Seek Health.

2. **THE AWAKENING OF THE SOUL.**—Cosmic Consciousness—The Awakening of the Mind as from a Hypnotic Sleep—Buddha the First Example of Cosmic Consciousness—Walt Whitman—Age at Which the Cosmic Sense Develops.

3. **WILL, LOVE AND WORK.**—How to Get Best Results from Work.

4. **OBSESSED BY AN IDEA.**—Undesirable Mental Visitors—How to Get Rid of Them—How to Direct the Subconscious Mind so as to Avoid Obsession.

5. **LIVE WILLS AND DEAD WILLS.**—Real Will Power—How Gained—Will Not the Highest Faculty—Power of a Trained Will.

6. **THE VOICE OF LIFE.**

7. **NON-ATTACHMENT.**—First Lesson the Occult Student Learns—How to Keep Going—Rest and Relaxation.

"HEALTH AND WEALTH FROM WITHIN" is printed from large, clear type, beautiful initial letters at beginning of chapters, on extra antique paper. 160 pages, half-tone portrait of the author, silk cloth binding. Very artistic and dainty. Price, \$1.00.

SPECIAL.—A copy of "HEALTH AND WEALTH" free for two new subscriptions to *Nautilus*; or, for one New subscription and 60 cents additional. Address ELIZABETH TOWNE, Folyoke, Mass.

8. **THE WOMAN—THE MAN.**—Marriage and Its By-Products.

9. **HARMONY IN THE HOUSE.**—Love is Creative—Harmony Should be Guarded and Developed—How Husband and Wife May Live in Harmony.

10. **WORDS AND HEALTH.**

11. **ENVIRONMENT.**—Are We Bound by Environment?—The Story of Ingersoll—The Key to Freedom—The Magnet Which Attracts One's Environment.

12. **HOW TO ESTABLISH HEALTH AND HARMONY.**—Cause of Inharmony—How to Realize Unity With the Life Principle.

13. **THE SUPREME RULER.**

14. **HOW NEW THOUGHT HELPS ONE.**—No Magical Processes in Nature—Working With Nature Produces Wonderful Results—Acquire Poise.

15. **THE POWER OF IMAGINATION.**—The Inner Consciousness the Source of Power—The Imagination as a Builder—Faith.

16. **HEALTH, HAPPINESS AND BUSY HANDS.**

17. **TO MAKE YOURSELF VALUABLE.**—Work as a Means to Health and Spiritual Development—How Work Frees Inner Power.

18. **PRACTICAL SELF-HEALING.**—Your Own Healer—How to Come Into Harmony With Nature—Speak the Word of Health for Yourself.

19. **THE WAY TO GAIN RESULTS.**—Don't Be a Slave to Prejudice—How Habits Bind—How to Use the Law of Attraction.

20. **ONE OF THE SECRETS OF MIND AND BODY VIGOR.**—How to Get Rid of Hurry and Worry—Through Repose Power is Gained—How to Produce Physical Relaxation.

21. **TO LENGTHEN LIFE.**—How We Devilize the Present—Cause of the Old Age Habit—The One Remedy.

22. **TO MAKE LIFE BRIGHTER.**

*Two classes there be that we view with misgiving:
Who live without work, and who work without living.*

Joseph G. Torrey

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

INCREASE YOUR WEIGHT EVERY DAY

We Will Give FREE to Every Nautilus Reader a Trial Package Containing a Week's Supply of Kada Yaga.

If you are thin and weak and want to increase your weight every day—putting on sound healthy flesh—then let us send you a sample box of Kada-Yaga. It is a proteid nutritive preparation so safe and good that it can be given to babies, and so effective that every physician recognizes its great worth.

Kada-Yaga makes thin people stout, fills out the scrawny places in the arms, neck, etc., improves the figure, builds up the flesh, blood, muscles and nerves of run-down folks, creates plumpness without corpulency, aids in strengthening the lungs, stomach, heart and all other vital organs. Smooths out wrinkles and crow's feet, regulates blood circulation, imparts a natural, healthy color to the skin, makes the eyes bright and magnetic, overcomes insomnia and nervousness—in fact Kada-Yaga increases weight, improves health and lengthens life.

If you take Kada-Yaga according to the simple directions, we guarantee to increase your weight daily. This new flesh will be healthy and permanent.

Prove what we say. Mail us 10 cents for a 6 days' supply of Kada-Yaga, and if you don't gain a pound, we will return your dime with added cost of postage. But we know you will be only too glad to keep on taking Kada-Yaga until you have developed to full normal weight—you can watch yourself grow! Note the increase every time you step on a weighing apparatus. See how much your appearance has improved every time you look into the mirror! Hear the compliments of your friends!

Kada-Yaga is a triumph of science, it supersedes medicines, it is real concentrated food and what we say about it is absolutely true. Don't be misled by advertisements which offer medicines that are said to do such absurdities as adding seven pounds every week; if this could really be done, then only powerful and dangerous drugs could accomplish it, certainly no rational treatment. Your common sense will tell you this. In some cases Kada-Yaga adds 15 to 20 pounds in a month, but you should be well satisfied to add four pounds of solid, healthy flesh monthly, right along, without interruption, until you have reached normal weight. Through Kada-Yaga, the purpose is to add 2 ounces daily (1 pound every eight days) so that the increase will be healthy flesh and so the skin can expand slowly and naturally to keep pace with the increasing size of the body.

Kada-Yaga brings joy and contentment every day. We want you to try it and be convinced; if we don't prove what we say and even more you have not lost a cent. Note our \$1,000 Guarantee; it means just what it says.



WHAT KADA-YAGA DOES FOR THIN NERVOUS MEN

FREE

THOUSAND DOLLAR GUARANTEE

We, the Kada-Yaga Co., hereby offer a reward of \$1,000 to any person who will show that Kada-Yaga contains alcohol, quinine, nux vomica, strychnine, aloin, zinc, arsenic or any other noxious drug, and we also offer a special REWARD OF ONE THOUSAND DOLLARS to any physician, chemist or other scientist who can prove that in principle, Kada-Yaga is not capable of increasing the weight safely and with comparative quickness, as well as improving the health.

Do It Today. Don't put it off. Mail us 10 one-cent stamps or a silver dime for a 6 days' supply of Kada-Yaga with a very interesting booklet on the health and note the improvement daily. If not satisfied, we will repay you the dime and postage. This is a genuine offer and we speak the absolute truth!

WHAT YOU SHOULD WEIGH

This table shows the weight of healthy, well-formed persons of various heights. These weights do not include clothing, which would be about 6-8 pounds more.

Height	Man	Woman	Height	Man	Woman
5 ft.	140	120	5 ft. 7 in.	169	154
5 ft. 1 in.	142	126	5 ft. 8 in.	176	157
5 ft. 2 in.	144	131	5 ft. 9 in.	180	163
5 ft. 3 in.	148	137	5 ft. 10 in.	187	168
5 ft. 4 in.	152	142	5 ft. 11 in.	192	173
5 ft. 5 in.	157	147	6 ft.	197	180
5 ft. 6 in.	162	152	6 ft. 1 in.	205	186

To find the difference between your own weight and what you ought to be, just deduct the difference (allowing for weight of your clothing) and to estimate the length of time required to bring your weight gradually to a normal condition, which will be normal and permanent, allow about one week for every pound.



WHAT KADA-YAGA DOES FOR THIN NERVOUS WOMEN

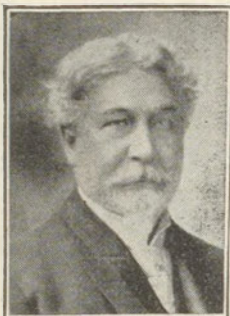
Thousands of testimonials; wonderful Success! The greatest boon of the century to thin and weak and nervous people of both sexes and all ages! Address:

KADA YAGA CO.

700 W. 43d STREET, NEW YORK, N. Y.

Through Silence To Realization

Or The Human Awakening



A Book Dealing With the Silent Power of Thought Vibrations.

This is a companion book to Mr. Wilson's celebrated "PATHS TO POWER." It deals with practical and advanced methods for gaining and developing power.

If you would help your family and friends through the silent, creative medium of your own thought, read the two wonderful chapters entitled "ADMIRATION THE HERALD OF HOPE," and "HOPE A VIBRATION OF THE SUBCONSCIOUS."

These chapters show the direct way to use of the latent forces of life for the highest good of yourself and others.

If you would know why some succeed where others fail, read "REWARD" and "IF THINE EYE BE SINGLE."

The following synopsis of chapters will tell you more about the book.

1. What Is Thought?—Planting Thoughts—From Sensation to Thought—Prof. Elmer Gates' Ideas—Motive Power of the World—The Focused Thought of Its Leaders—Unique Explanation of the Recent Great Discoveries of Gold—The Author's Personal Experience—Desire Realized.
2. The Silence—The Source of all Learning—The Path to the Silence—Yogi Practices, Some of Them Questionable—The Starting Point—How to Find It—Explicit Method—Mental Vision—Jesus' Method—How to Master a Subject Quickly.
3. The Dawning of Light—Progression a Series of Awakenings—Encouraging Selfhood—What Desires and Longings Indicate—Subjective and Objective.
4. If Thine Eye Be Single—Good and Evil—Why Evil Comes—To Be Rid of It—One Power.
5. Mental Images—The Purpose of the Healer—Auto-Suggestion—Specific Mental Images—How to Use Them—How to Make Mental Images—The Professional Grumbler—Why He Is Unlucky—How We Grow.
6. Reward—Difference Between Compensation and Reward—God Neither Rewards nor Punishes—Working for Unfoldment.
7. Color in Life—Thoughts Have Color—How Prof. Elmer Gates Proves It—What Theosophists Teach About Color—The Aura—When One Loses His Temper—Effect of Color on the Mind.
8. Overcoming—Fearlessness, To Cultivate It—To Overcome.
9. Are You Ready?—Desire in Advance—Shakespeare's Characters Reflect the Path to Attainment—When Lincoln Startled the Nation.
10. Joy, Always Joy—To Surround Yourself with an Atmosphere of Joy—Edward Carpenter's Description of a Giant—The Right World.
11. The Dominant Ego—The Seven Principles in Man—Instinctive Mind—Spiritual Mind—Spirit—Intellect—The True or Masterful Ego—The I AM—Growth of a Child—How to Create a New Selfhood—John Fiske's View.

12. Like Produces Like—Suggestion—Choosing a Business or Profession—What To Do Next—Talking of Aches and Pains—Cause of a Case of Neuralgia, and Its Cure—What Bitter Thoughts Produce—Thought Gardening.

13. Spiritual Knowledge—Growth in Consciousness—Intuitive Suggestions—What the Spiritual Mind Is—Emotions—Why People Fail to Understand Each Other.

14. The Goal—Self-control—Working Your Way to Attainment.

15. Shakespeare's Pluck Considered Metaphysically—Creating Characters—Will—What Pluck Represents.

16. Destiny—Precept and Action—Training Children.

17. Admission, the Herald of Hope—Back of Hope—To Produce the Thrill That Starts Hope—Self-consciousness—A Suggestion to Parents.

18. Hope, a Vibration of the Subconscious—To Attain Complete Self-mastery—The Home of Hope and Its Path to Objective Consciousness.

19. Realization, Hope's Master Creation—Thought Vibrations.

A BIG BUSINESS MAN

of the West advised one of the biggest editors in the West to read "THROUGH SILENCE TO REALIZATION." Here is what the editor says: "Mr. P. S. Harris, of The Harris-Gore Co., Kansas City, recommended the book to me. I have been reading it with much profit."—E. E. FAVILLE, Editor Successful Farming.

WHAT A FEW SAY OF IT:

"This is an important, helpful and inspiring book, teaching man how to become all he is capable of being."—ALBANY (N. Y.) TIMES-UNION.

"Mr. Wilson has written a genuinely interesting work on lines of practical metaphysics."—NEW YORK COMMERCIAL.

"It is no leather-padded philosophy that is given here, and it possesses many claims on the thoughtful man who realizes thought as a controlling power, and is ambitious that his mind control his body."—RECORD-HERALD, Chicago

"THROUGH SILENCE TO REALIZATION" is printed on heavy antique paper of fine quality, from large, clear type, wide margins, and handsomely bound in silk cloth with gold stamping on front and back. 190 pages. Price \$1.00 postpaid. A copy given FREE for two NEW subscriptions to NAUTILUS at \$1.00 each; or for one NEW subscription and 60 cents extra. Address

ELIZABETH TOWNE, Holyoke, Mass.

The Science of Being Well

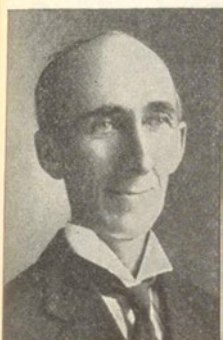
By WALLACE D. WATTLES

Are You ILL, and Want to Get WELL,

or

Are You Well, and Want to STAY Well?

Here's the Answer for BOTH!



This is a companion book to "The Science of Getting Rich." No one who has had a copy of the first book will need an introduction to this new one. Never have we published anything that aroused such enthusiasm and brought so many high testimonials of its value.

This new book aims to teach the Certain Way of thinking and acting which constitute PERFECT HEALTH. It is a text-book, to which you can refer under any and all conditions, by which you can easily determine how to think and to act in order to be well. By the right use of these principles, involuntary as well as voluntary functions are brought into the harmony which is health.

To think and act in the Certain Way is to be healthy. This book shows you the way.

If you are already well this book tells you how to keep so, and it tells it in such a way that nobody can fail to understand and be inspired to live truth and realize health and increasing power.

Like all Mr. Wattles' books this one is scientific and logical in its statements. And it is convincing and inspiring. It is really a JUST HOW book, that saves you the necessity for wading through volumes of other people's writings. If you want health and increasing power get this book. Read the table of contents below.

TABLE OF CONTENTS.

1. PRINCIPLE OF HEALTH—The Principle of Life—What Man Is—The Principle of All Healing—Your Health Not Dependent Upon Systems or Remedies.

2. FOUNDATIONS OF FAITH—Faith Personally Applied Cures—How to Apply It—How to Create—The Involuntary Functions—The Voluntary Functions—Mind Conscious and Subconscious—How Man Lives—Where Sickness Comes In—Health a Fact or Truth.

3. LIFE AND ITS ORGANISMS—To Think Health—Thinking in the Certain Way—The Two Essentials of the Way—Why People Are Not Healed.

4. WHAT TO THINK—Mental Relations With Health—Mental Pictures—How to Image the Desirable—How to Form a Conception of Perfect Health—Your Mental Body Perfect—A Syllabus of Power.

5. FAITH—To Quicken the Principle of Health Into Constructive Activity—How to Apply Faith—How Gratitude Helps You to Own and Control Your Own Field of Thought—To Claim Health—Gratitude's Two-Fold Effect.

6. USE OF THE WILL—Where to Use It and How—The Sole Legitimate Use of the Will—Belief Plus Action—Thinking About Perfect Health—Repetition of Words—A Convenient and Powerful Formula—Controlling Attention.

7. HEALTH FROM GOD—What Swedenborg Saw—When Man Harmonizes Himself—A Purpose to Live More Abundantly—To Unify With the Supreme—Poise and the Power to Think Rightly—To Guide Your Thoughts—Three Ways to Live—Prof. James' "Second Wind."

"The Science of Being Well" is printed and bound in exactly the same style as "The Science of Getting Rich." It is beautifully bound in silk cloth, printed from large clear type on antique laid paper, 160 pages, price, postpaid, \$1.00. Address, ELIZABETH TOWNE, Holyoke, Mass.

8. SUMMARY OF MENTAL ACTIONS—To Live Fully on Every Plane of Being—The Creative or Good-Will Plane of Mind—All the Requirements of Health—Every Act an Act of Health.

9. WHEN TO EAT—Faith and Food—Internal Attitude and Outward Activity—Habits of Eating.

10. WHAT TO EAT—The Natural New Man, Not the Savage—Foods and Climate—The Cause of Indigestion—To Eat What You Want—Live Scientifically—Earned Hunger.

11. HOW TO EAT—How to Make Fletcherism Enjoyable—The Habit of Correct Eating.

12. HUNGER AND APPETITES—Take Your Dessert First—Amount of Food Required—Successful Eating—Thinking—Drinking in a Natural Way.

13. IN A NUTSHELL—Man and His Thoughts—To Be Well—The Voluntary Functions—Hunger and Sleep—Hurry and Worry—Man's Inward Intelligence.

14. BREATHING—To Breathe in the Right Way—Keep Yourself Straight—Never Take Health Exercises—Take Pleasure Exercises—A Use for Pride—What to Breathe—Air a Food.

15. SLEEP—Vital Power Renewed in Sleep—A Study of Sleep—Mental Attitude—Ventilation—Bedtime Prayer.

16. SUPPLEMENTARY INSTRUCTIONS—Making Your Speech Harmonize—Making Yourself One With Health in Thought, Word and Action—What to Do When in Pain—A Day's Work for the Invalid.

17. A SUMMARY OF "THE SCIENCE OF BEING WELL"—Thinking and Acting in the Way of Perfect Health.

The New 88 Note ANGELUS PLAYER-PIANO

From the U. S. Official Census Report

"In 1895 Messrs. Wilcox & White, of Meriden, Conn., began manufacturing an interior attachment, and in February, 1897, built their first 'Angelus,' a cabinet piano player. This instrument, the invention of E. H. White, may be regarded as the Pioneer of the Various Similar attachments which have since been placed upon the market."

THE ANGELUS has strong competition commercially. But not in artistic worth. The most impressive of all tributes paid to the superiority of the ANGELUS is the enormous sum expended yearly by rival makers in vain efforts to offset this supremacy.

C, Compare the ANGELUS and its competitors by personal investigation. Let your artistic sense determine your choice.

C, It is these devices—found on no other player-piano—that place the ANGELUS far beyond any instrument in artistic worth:

THE MELODANT which brings out the melody or theme of the composition strong and clear while subduing the accompaniment. Such ability constitutes one of the greatest charms of manual playing. It distinguishes the real artist.

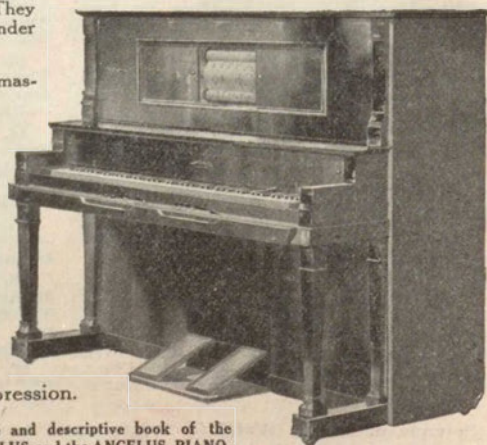
THE MELODY BUTTONS give absolute control over tonal volume so that none of the beauty or artistic effect of a composition is lost. They also put the accentuation of the melody under the personal control of the performer.

THE PHRASING LEVER gives absolute mastery over tempo. It has been aptly termed the "Heart of the Angelus," for it enables the performer to reflect his whole personality in everything played.

THE ARTISTYLE MUSIC ROLLS have one single expression line which simply but very clearly indicates where to emphasize, subdue, accelerate or retard. Even the novice soon becomes so proficient that the most difficult music is rendered as easily and well as the most simple.

C, The ANGELUS—and the ANGELUS alone permits anyone to play the piano with artistic personal expression.

THE DIAPHRAGM PNEUMATICS give the "human touch," so essential to artistic playing. The tubes which run from the tracker-board to these pneumatics are of metal—not perishable rubber—always insuring action true to every requirement.



Send for name of nearest representative and descriptive book of the KNABE-ANGELUS, the EMERSON-ANGELUS and the ANGELUS-PIANO.

THE WILCOX & WHITE CO.,
Business Established 1877

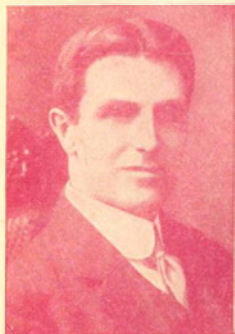
Meriden, Conn.
Regent House, Regent Street, London

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

The Way to Perfect Healing

A System for Attaining Mental and Physical Harmony.

By WILLIAM E. TOWNE



This new book gives a clear statement of the principles of healing and tells exactly how to apply them in self-healing. No one need misunderstand what the author says, and anyone can easily test the healing methods given here.

The book first takes up the methods of ancient healing—the methods by which Jesus healed the sick and raised the dead to life. He then explains the application of the foundation principles of healing and shows how the following out of these principles will result in perfect healing and harmony.

WHAT IS SAID OF THE BOOK.

"Enclosed please find \$10.00 for which kindly send twenty copies of 'The Way to Perfect Healing.' It is the best thing I have read upon the subject—so plain and concise that I wish to distribute it among my friends."—MRS. CHARLES C. NEWTON, 216 W. Logan Square, Philadelphia, Pa.

"Your book was sold the same day it arrived, and before I had a chance to look at it. Please send 10 copies."—ELEANOR M. REESBERG, Metaphysical Library, Los Angeles, Cal.

"The book is grand. I feel I shall be much benefited through it."—ANNA E. HASKENS, West Haven, Conn.

PARTIAL SYNOPSIS.

I. Elements of Ancient Healing—The Word—The Healing Taught and Manifested by Jesus—The Esoteric Meaning of Wholeness—How Disease and Its Results May Be Wiped Out.

II. Source of All Healing—Changing the Consciousness by the Spoken Word—What the Word Is—How to Speak the Word for Yourself or Others—The Correct Attitude of Mind—The Word Creative.

III. Receiving the Truth—First Need in All Healing.

IV. How to Realize Health—Harmony With the Creative Word of Life—How to Make Connection With Health and Harmony—The Unifying Power of the Word.

V. Unity—The Joy Bringing Teachings of Jesus Based Upon Unity—Wholeness Means Consciousness of Unity—Resurrection in Consciousness—Secret of the Power of Christ and the Prophets—A Great Element in All Healing—The Cosmic Sense.

VI. Faith—Even Blind Faith Sometimes Works Seeming Miracles—Faith in Business Matters and Its Effects—How Negative Thoughts Bring Seeming Evil, and How They May Be Dispelled.

VII. Love—How Love Casts Out All Fear—Love the Re-Creator—Love and Healing—If-Protection From Accidents.

VIII. Harmony—Psychological Effect of Accurate Work—Calmness and Poise.

IX. Regeneration—The Principle of Life is External—The First Step in Mental and Physical Regeneration—The Power of New Ideas—Training the Mind Away from Old Age.

X. Spiritual Conception of the Universe—True Understanding of Life—Real Life of Man Has Been Submerged.

XI. A Place of Peace—How to Get Away From Discord—The Place of Stillness is the Place of Power.

XII. The Power of Ideas—How Ideas Reproduce After Their Kind—The Result of Roosevelt's Ideas—The Great Men of the World are Always Men of Ideals.

XIII. Consciousness of Health and Harmony—The Atoms of the Body Respond to Faith in Good.

XIV. The Habit of Praise—The Inner Esoteric Meaning of All Religions—How Praise Becomes Creative on the Physical Plane.

XV. Summary of "The Way to Perfect Healing."

"THE WAY TO PERFECT HEALING" is printed on heavy laid paper, from large, clear type, wide margins, bound in strong paper covers. 80 pages. Price, 50c. Cut this ad. out, write your name and address on margin and send with 50c Now. Address, WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.



THE DR. C. O. SAHLER SANITARIUM

The Sanitarium (large, new addition, modern in every particular), is roomy, homelike, free from all institutional treatment and erected with especial reference to the care and treatment of MENTAL, NERVOUS AND FUNCTIONAL DISORDERS by the

PSYCHOLOGICAL METHOD EXCLUSIVELY.

Large verandas, cheerful, sunny rooms, and sun parlors, are features of this place.

Physicians and friends who have mental and nervous patients whom they desire to place in an institution having the principles of the home and family life; non-restraint, and having tried all other methods of treatment, without success, should inquire into the merits of this Sanitarium.

NO INSANE CASES RECEIVED.

Write for Circular.

THE DR. C. O. SAHLER SANITARIUM,
Kingston-on-Hudson, New York.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

THE NAUTILUS.

Here's Health STRENGTH, VIGOR AND BEAUTY For All—For YOU



Don't suffer any longer. Don't try to stand an ache or pain, **Stop it!** Don't neglect the little ills—unless they are attended to they lead to **serious** things. Even if you have a chronic disease—one that you have been told is **incurable**—DON'T GIVE UP HOPE! The greatest natural curative force in the world is NOW AT YOUR COMMAND!

Vibration Banishes Disease As the Sun Banishes Mist!

VIBRATION is the remedy NATURE meant. It sets your nerves a-tingling—your blood thrilling through your veins and arteries—it removes the CAUSE!

VIBRATION will make you feel refreshed and invigorated from the VERY FIRST TREATMENT!

The White Cross Electric Vibrator

begins where doctors stop. Hundreds of people who have been given up by specialists as incurable now say that they are well and happy through the aid of this marvelous invention. What the **WHITE CROSS VIBRATOR** has done for others it may do for you. No matter where you live or what your trouble is, you owe it to yourself to find out all about this wonder of the 20th century! Even if you are perfectly well now, you should investigate anyway! You cannot tell when the dread hand of disease will seize upon you or one of your loved ones. **Be ready! Post yourself!** Don't let disease get ahead of you. **Take the first step yourself.**

FREE TRIAL We will send you the **WHITE CROSS ELECTRIC VIBRATOR** on absolute free trial! We will give you an actual demonstration of its merits without charging you one penny. Feel its marvelous power for yourself. Feel how it drives out disease.

This Valuable Book Now Sent FREE



The Famous book "Health and Beauty" will be sent to you absolutely free for just your name and address. No matter who you are or how well you are—you need this book! It tells you all about the human body in health and disease so plainly—so clearly—that anyone can understand. It tells you how, with aid of the **WHITE CROSS ELECTRIC VIBRATOR** you can treat yourself without the aid of drugs.

SIGN THE COUPON

and get this free book today! It will open the door to a new world to you. It preaches the gospel of health and hope. Thousands have benefited by its teachings—why not you?

LINDSTROM, SMITH CO.
253 La Salle Street
Dept. 2987
CHICAGO, ILLINOIS

LINDSTROM,
SMITH CO.
253 La Salle St.
Dept. 2987
Chicago - Illinois

Without obligations on me, please send free, post-paid, your book, "Health and Beauty," on treatment of disease by Vibration and Electricity. Also free trial offer.

Name.....

Address.....

What This White Cross Electric Vibrator Will Do For You

A few minutes' use of the White Cross Electric Vibrator each day will aid in putting you in better health than you have known for years. Drugs may relieve, but they seldom cure. The White Cross Vibrator attacks the cause. When the cause is removed the disease is gone forever. The White Cross Vibrator gives you not only Vibration but Galvanic and Faradic electricity as well. It is not only an **ELECTRIC MASSAGE VIBRATOR** but also a **COMPLETE ELECTRIC MEDICAL OUTFIT**.

HERE IS THE WAY IT ACTS on a few of the most common chronic and acute diseases:

Headache—from whatever cause, can be almost instantly relieved by the White Cross Vibrator. However, headache is usually only a symptom of some other trouble. Find the cause then use the Vibrator.

Catarrh—Clogged nostrils removed after a few minutes treatment. Discharge grows gradually less. Time for complete relief varies only with the foothold which the disease has obtained. (Common "cold-in-the-head" or coryza can frequently be relieved in one treatment.)

Insomnia—A short treatment with the Vibrator and in the Vibration Chair just before retiring should bring a good night's sleep even in the most long-standing cases.

Indigestion—This common disorder yields readily to vibration. **DYSPEPSIA**, which is only **CHRONIC** indigestion, is more stubborn, but great relief almost always results in a surprisingly short time.

Rheumatism—is caused by congested condition resulting in inflammation and a deposit of uric acid. The worst case of rheumatism can be quickly relieved by the application of Vibration and Electricity.

Here are a few of the other diseases which have been treated successfully by Vibration and electricity: Asthma, Neuralgia, Earache, Weak Eyes, Nervous Debility, Constipation, Heart Trouble, Weakness, Deafness, Stomach Trouble, Skin Diseases, Scalp Diseases, Lumbago.

Genuine Swedish Movement

You do not have to go to expensive Specialists or to a sanitarium to get the genuine Swedish Movement. With a White Cross Vibrator you can give yourself the same treatment without cost.

Vibrating Chair

With the White Cross Electric Vibrator and a simple attachment you can transform any chair into a vibrating chair.

Send for Free Book
Which Explains All



Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

TRANSCRIPT UNION LABEL HOLYOKE, MASS.